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Expectations among Blue Jays fans are high ahead of today's sold-out opener against the visiting Cleveland Indians. For an introduction to some of the Jays' new stars, an analysis of manager John Gibbons' return and to find out what motto the players are sticking to this season, check out Metro's Jays package on pages 36-39.

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; IMAGES SOURCED FROM THE CANADIAN PRESS, TORSTAR NEWS SERVICE, THE ASSOCIATED PRESS, GETTY IMAGES

2 kidnapped on Rio transit

An American woman was sexually assaulted in an attack on two tourists in Brazil, reports say PAGE 6

Moving right along in T.O.

Inventive ideas could help pay for Toronto's regional transit, including GPS-tracked mileage fees and the Parisian-style employer payroll tax PAGE 3

Between The Rock and a hard place

What if Dwayne Johnson joined franchises like Twilight and Star Wars? He tells Metro what The Rock could bring to popular films PAGE 16

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Ad campaign

An ad campaign aims to boost support for a plan to reduce congestion. TORSTAR NEWS SERVICE

'We all need to contribute'

The Toronto Region Board of Trade has launched a new advertising campaign to help boost public support for funding a massive regional transportation plan aimed at reducing congestion.

The board says the region loses about $6 billion in lost productivity to traffic congestion every year, and estimates that figure will rise to $15 billion per year by 2031.

"All of us know we're going to have to reach into our pockets and, as painful as it may be, we all need to contribute because we're all going to benefit," board president and CEO Carol Wilding said.

The ad campaign doesn't argue for revenue options the board of trade has suggested. Instead, it supports a more general principle: That the public has to get involved if the Big Move transportation plan is to become a reality.

The campaign includes radio and print ads running across the region, showing people holding green traffic lights in their hands while sitting at home, in traffic or on the subway.

The green light, Wilding explained, is a way of saying each person wants "to get traffic moving again."

TORSTAR NEWS SERVICE

Raising big money for the Big Move

Short list. Metrolinx whittling down potential revenue sources for 25-year, $50-billion regional transit plan

The rubber hits the road on transit funding Tuesday, as Metrolinx releases a short list of tools it favours to pay for a massive expansion of the Toronto region's long-neglected transportation system — possibly including such inventive ideas as an employer payroll tax or even GPS-tracked mileage fees.

The list provides the clearest picture yet of how residents and corporations will dig into their pockets to fund a war on the traffic congestion that's sapping the region's prosperity.

The list will include traditional ideas such as property taxes, fare increases and parking levies, including parking at GO Transit stations. It also shows Metrolinx is still considering some innovative schemes that might be piloted locally. One — an odometer tracking (or GPS-based) technology system — would see Toronto area motorists charged for each kilometre they travel in the region.

Many of the ideas on the list, including highway tolls, sales and gas taxes, have been discussed at length in public roundtables Metrolinx has hosted across the region.

Others, such as a Parisian-style employer payroll tax, and land-value capture along new transit routes, are less widely understood.

A downtown congestion charge, corporate income tax, carbon taxes, a parking sales tax and vehicle-registration fees are among more than a dozen revenue tools Metrolinx has already crossed off its list as being too punitive or too risky.

The short list is expected to reflect the findings of the public discussions and also those of a broad study Metrolinx commissioned of revenue tools in other jurisdictions.

The report by AECOM KPMG, titled Big Move Implementation Economics: Revenue Tool Profiles, looked at 24 potential money-makers and ranked them by criteria such as money-making potential and cost of implementation.

TORSTAR NEWS SERVICE

Fare hike?

Transit officials fear raising fares to help fund improvements may drive down ridership. A 10-cent increase on 618 million annual transit trips in the Toronto region could generate up to $45 million, given population growth and the likelihood of some ridership drop-off, according to the AECOM report.

Bullets fly outside building

This photo captures the scene outside of 50 Matilda St., where shots were fired on Monday. The shooting had police scouring the area for a suspect. At least three gunshots were heard by residents just before noon, police said. Witnesses later told police they saw a man fleeing eastbound on Matilda. Officers found three shell casings on the ground in the area. None of the bullets hit anyone, police said. The area has been taped off for an investigation.

CARLOS OSORIO/TORSTAR NEWS SERVICE

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Province getting plenty: Ottawa

Record cash. Feds respond to report suggesting Ontario is getting milked

Ottawa says it has been more than generous to Ontario despite a University of Toronto think-tank report that says the province is being short-changed $11 billion in transfer payments.

Dan Miles, a spokesman for federal Finance Minister Jim Flaherty, said that the $20 billion the federal government transfers to Ontario is an all-time high.

"This represents a whopping nearly 80 per cent increase from under the old Liberal federal government ..." Miles said in a statement to Torstar News Service Monday.

But the Mowat Centre's report says the "have-not" province is being asked to carry a financial burden that is "out of line." It calls for changes to the equalization program, which is designed to take money from wealthier provinces and redistribute it to poorer ones so that programs are roughly the same across the country.

Miles says changes have already been made to the program.

"Shortly after forming government, we addressed two of Ontario's long-standing requests regarding federal support in 2007 by moving to equal per capita support for provincial transfers and including a fiscal capacity cap in equalization," he stated.

Intergovernmental Affairs Minister Laurel Broten said Ontario, which is wrestling with an $11.9-billion deficit, is sending more money to Ottawa than it is getting in funding and services.

TORSTAR NEWS SERVICE

Where it comes from

Dan Miles says funds flow from the following:

- **$12B.** Canada Health Transfer
- **$4.7B.** Canada Social Transfer
- **$3.2B.** Equalization

Red Rocket limousine service?

In this screen grab from a video posted on YouTube Monday, TTC communications director Brad Ross, right, tosses a piece of chicken to chief customer officer Chris Upfold in a subway car. The video suggested the TTC was debuting "personal cars" on the subway. "We're here today to talk about a new announcement," said Ross. "It helps deal with some behaviours that you, our customers, have told us bother you from some of your fellow riders." The service was to debut as a half-day pilot that expired at noon on April 1. Did they fool you? METRO

Judge calls teen a 'sadist' after Facebook chat, blog

GRAPHIC CONTENT ALERT:

"The reason I broke up with my ex three months ago is cuz I was afraid for her safety," the 17-year-old high school student typed in a Facebook chat last December.

"I'm not scared," replied the 16-year-old girl he'd met during a school band performance three days prior.

"I'm not telling you to be afraid of me," he told her. "Just cautious."

Then he proceeded to describe a series of gruesome sexual acts he'd like to perform on her, leading an Ontario Court Justice to label the teen a "sadist" and find him guilty of threatening bodily harm.

The case hinged on the "relationship of intention and desire," wrote Justice Joseph De Filippis in his ruling issued last month. The teen, who cannot be identified in any way as per the Youth Criminal Justice Act, was arrested at a GTA high school on Dec. 7 after the girl reported the Facebook conversation to her teacher.

In his backpack, a police officer found a handwritten note, topped in large block letters with the words: "KILLER RAPE DEATH."

"I can only get pleasure, sexual pleasure, if the female is undergoing extreme pain, being raped, abused tortured, or simply crying," the note read.

Similar to the Facebook chat, the note details a fantasy of cutting, beating, breaking the legs of and raping a girl in a room — "probably the soundproof music room."

Real threat

"I have no doubt these words were meant to be taken seriously."

Justice Joseph De Filippis

At one point he confessed he'd been expelled from another school. He also told her he had been charged with sexual assault before (the charges were dropped, he said) and spent four months at a psychiatric facility.

He sent the girl a link to his blog where he says his doctors diagnosed him with "necrophilia and sadism."

With a soundtrack of Chopin and Schubert, the blog contains images of famous serial killers and mutilated women.

The defence argued that, taken in context, his utterances were merely desires, not intended action.

"His desire, however distressing, is not a crime," acknowledged De Filippis in his ruling. However, he also noted that the teens had only known each other for three days and did not have a history of sexual practices.

"... Any doubts about his seriousness is erased by the video clip he sent to the complainant and his possession of the document seized upon arrest," De Filippis wrote.

TORSTAR NEWS SERVICE

RICK MERCER REPORT
This week, Rick travels the country to celebrate with this year's winners of The Spread The Net Student Challenge.
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Former NDP MPP collapsed days before he died

Found dead at home.
Post-mortem exam confirms Peter Kormos died of natural causes

Peter Kormos was shopping for a cookbook in downtown Toronto on Wednesday when he collapsed, just days before he died in his Welland home, Torstar News Service has learned.

The 60-year-old Kormos, a legendary former NDP MPP, was rushed to St. Michael's Hospital but unfortunately checked himself out before tests could be performed, longtime friend Mike Grimaldi said Monday.

"He loved cookbooks," said Grimaldi, who wondered aloud if things might have ended differently if he stuck around.

An autopsy conducted Monday revealed that Kormos, who retired in 2011 from provincial politics after almost 23 years, died of natural causes. Torstar News Service was told it was Kormos, who lived alone, who made the 911 call complaining of pains. He was found dead in his home Saturday morning.

Ironically, Kormos was in a hurry to get back to Welland from Toronto on Wednesday to work on a eulogy for the mother of his former law partner Mark Evans, 81-year-old Violet Evans.

TORSTAR NEWS SERVICE

Quoted

"We were hoping that within the next week or two he would be standing back in the courtroom doing battle again. He was hands down the best criminal defence lawyer I have ever seen in action. Nobody could touch him."

Lawyer and colleague, Mark Evans

Peter Kormos pictured back in 2009 when he took up the cause of Ontario flags being made in China. COLIN MCCONNELL/TORSTAR NEWS SERVICE

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The Rolling Stones, from left, Charlie Watts, Keith Richards, Ronnie Wood and Mick Jagger, will announce tour dates Wednesday, billboards in Toronto say. JONATHAN SHORT/THE ASSOCIATED PRESS FILE

Stones expected to announce tour dates

The Rolling Stones have a surprise coming for us on Wednesday morning. Sort of.

Billboards sporting the Stones famed tongue logo, choice song titles from the band's catalogue and a portentous "WEDNESDAY" went up in selected cities in North America on Monday afternoon — including two in Toronto off the Gardiner expressway at Kipling Avenue and another at the Gardiner and Park Lawn Road.

All of this, one suspects, means that the aged British rock 'n' rollers will finally be making an official announcement about the 50th-anniversary summer tour that everyone has been assuming would happen for months now. Nevertheless, publicists for the Rolling Stones were still playing coy about the matter on Monday.

"They're just really a tease saying we've got news coming," said one Stones spokeswoman of the billboards.

TORSTAR NEWS SERVICE

Love for Toronto

- Another Rolling Stones road swing is always of note to Toronto because the band has used this city as its rehearsal base prior to previous world tours, and has also staged "surprise" gigs here at such venues as the Horseshoe Tavern and the Palais Royale as a thank-you to the town before departing.

India. Rapes and murders are scaring off foreign tourism: Study

Foreign tourists offer flowers in remembrance of an Indian woman murdered on a New Delhi bus. MANISH BHANDARI/THE ASSOCIATED PRESS FILE

The rape and murder of a woman in New Delhi in December followed by two attacks on foreign female travellers has altered how tourists view India and led to a sharp fall in the number of foreign tourists, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent.

Decrease

25%

The drop in foreigners travelling to India in the three months since the rape and murder of a woman on a New Delhi bus.

According to the study, nearly 72 per cent of tour operators said cancellations of holiday bookings came mostly from female tourists from western nations.

THE ASSOCIATED PRESS

Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil. Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized and one of them sexually assaulted aboard a public transport van in Rio de Janeiro's Copacabana beach neighbourhood, police said in a statement.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday, police said.

According to the statement, the suspects forced other passengers to get out of the van and then sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburban neighbourhood of Sao Goncalo, where the two suspects were apprehended.

The victims' nationalities have not been released, but local media reports have said the woman is American. Reports said the two had been studying Portuguese in Rio for about a month and that both left the country following the incident.

The statement said one of the victims' cellphones was found in the suspects' possession. The suspects had also used a debit card belonging to one of the victims at two gas stations, the statement said.

The Globo television network broadcast surveillance camera images of two men filling up the van and showed police images of a metal bar the suspects are thought to have used to beat and intimidate the victims.

The victims identified the two suspects, and a Brazilian woman has said she'd also been assaulted by the pair on March 23, the statement said.

In a Globo interview, commanding officer Alexandre Braga, head of the Rio police unit specializing in crimes against tourists, said the suspects had gone on a sex crime spree.

"The principal motive appears to have been the satisfaction of their lust," Braga said, adding that the robbery and other crimes appear to have been "secondary."

THE ASSOCIATED PRESS

Posited motive

"The characteristics ... lead us to believe that they wanted to have a 'party of evil.'"

Commanding officer Alexandre Braga, who heads the Rio police unit specializing in crimes against tourists.

Travel destination?

The incident raises new questions about security in Rio, which has cracked down on once-endemic drug violence in preparation for hosting future events.

- **Rio's schedule.** The city will play host to World Youth Day, a Roman Catholic pilgrimage expected to draw some 2 million people in late July; next year's soccer World Cup; and the 2016 summer Olympic games.
- **Statistics.** In Brazil, more than 5,300 cases of sexual assault were reported between January and June 2012, according to the country's Health Ministry.

France considers widening its ban on religious garb

French president Francois Hollande wants a new law that could extend restrictions on the wearing of prominent religious symbols in state jobs into the private sector. His new tack comes after a top French court ruled in March that a daycare operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many Muslims and even some Roman Catholics and Jews fear France's insistence on secularism is crimping their ability to express their beliefs. They also worry that Hollande's government wants to score political points.

"I'm not a foreigner. I'm French," said community activist Samia Kaddour, 26. She has all but given up hope for a state job because of her headscarf. "I love this country ... even if it has trouble liking us."

THE ASSOCIATED PRESS

French law

State employees are barred from wearing symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices and other facilities. Two years ago, France banned Muslim veils from being worn in public.

A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

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Boy Scouts. Application for troop sponsored by gay-rights group denied

The Boy Scouts of America has rejected an application for a scouting troop sponsored by a Utah gay-rights organization.

The Utah Pride Center asked permission to start a troop for 10 middle-school-aged children with straight troop leaders, said executive director Valerie Larabee. Many of the boys' parents had left Scouts or opted not to join because of their opposition to their long-standing policy excluding gay men and women.

After spending four months preparing a proposal to adhere to Scouts' standards, Utah Pride Center officials said their entire application was returned intact four days later — including the business cards they included.

They were told that the mission of their organization didn't properly align with the goals of Boy Scouts, said Utah Pride Center's director of community engagement.

THE ASSOCIATED PRESS

New York

Archbishop says Church should be more open to gays

The archbishop of New York says the Roman Catholic Church has to make sure that its defence of marriage is not reduced to an attack on gays.

Cardinal Timothy Dolan says the church could work on being more welcoming to gays and lesbians. He says the church tries its "darnedest to make sure we're not an anti-anybody."

Dolan made the remarks Sunday on the ABC News program This Week. Dolan says he would tell gay men and lesbians that God loves them and they're entitled to friendship. But he says marriage is a union between a man and a woman "where children can come about naturally."

THE ASSOCIATED PRESS

Prosecutors want death penalty for Holmes

Colorado theatre shooting. The defence is expected to argue suspect is not guilty because he was legally insane at the time

Prosecutors on Monday said they will seek the death penalty against the man accused in last year's movie-theatre attack that killed 12, injured 70 and spurred new gun-control laws in Colorado.

The much-anticipated disclosure came in a court hearing held four days after prosecutors publicly rejected an offer by James Holmes' attorneys that the former neuroscience graduate student would plead guilty to avoid execution. Prosecutors had said the proposal wasn't a valid plea-bargain offer.

The decision to seek execution will delay the start of the trial until at least February, and the judge acknowledged even that might not be enough time for all sides to prepare. The trial had been planned to begin in August.

"It's my determination and my intention that in this case for James Eagan Holmes justice is death," Arapahoe County District Attorney George Brauchler said at the Monday hearing. He spoke quietly and deliberately without any hesitation.

There was no audible reaction from Holmes, whose parents sat side by side, clutching hands with fingers intertwined.

They were quiet, as were the victims in the courtroom when Brauchler disclosed his decision.

Bryan Beard, whose best friend was killed in the attack, sat in an overflow courtroom. "I had a huge adrenaline rush," he said. "I love the choice, I love it, I love it.... I hope I'm in the room when he dies."

THE ASSOCIATED PRESS

This March 12 photo shows James Holmes, Aurora theatre-shooting suspect, in the courtroom during his arraignment in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS

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Watchdog to examine 'muzzling' of scientists

Taxpayer-funded research. Better access to information needed, advocacy group says

Federal policies that restrict what government scientists can say publicly about their work are about to be put under the microscope.

Federal Information Commissioner Suzanne Legault has agreed to investigate how government communications rules on taxpayer-funded science impact public access to information.

Legault is responding to a detailed complaint lodged by the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch.

Their lengthy report — "Muzzling Civil Servants: A Threat to Democracy?" — laid out repeated examples of taxpayer-funded science being suppressed or limited to prepackaged media lines across six different government departments and agencies.

In a letter to the complainants, the commissioner's office noted she is required under the Access to Information Act to investigate any matter related to obtaining or requesting records.

The complaint alleges that by keeping government scientists from speaking out about their work, the public is denied the chance to request records — because no one is ever made aware they exist in the first place.

Suzanne Legault. THE CANADIAN PRESS

The complaint "alleges that the right of access to information under the act is impeded by government policies, practices or guidelines that restrict or prohibit government scientists from speaking with the media and the Canadian public," Legault's office responded, saying it "falls with the scope" of the legislative mandate.

In addition to four government departments and two agencies cited in the complaint, Legault said she will also examine the Treasury Board Secretariat "because of its role in relation to the development and implementation of government policies."

Chris Tollefson, the executive director of UVic's law centre, said their research into suppressed science revealed both the wide scope of the practice and that it "represents a significant departure" in government practice over the last five to seven years.

"It really is a core issue in terms of the health of our democracy," Tollefson said. "We need to know what the best science is as we make difficult decisions about policy."

Prime Minister Stephen Harper's government has been accused of silencing scientists on a number of subjects, particularly environmental science, since the Conservatives came to power in 2006.

THE CANADIAN PRESS

Discontent

"We have indications that there is very, very broad discontent amongst scientists about being muzzled and having their research suppressed."

Calvin Sandborn, legal director of Victoria's Environmental Law Centre

MacKay welcomes baby boy

Defence Minister Peter MacKay and his wife Nazanin Afshin-Jam hold their new baby boy Kian Alexander MacKay on Monday. The boy, weighing eight pounds, two ounces, is the couple's first child.

THE CANADIAN PRESS/HANDOUT

Girls saved. Edmonton man recounts river rescue

After rescuing two young girls from the icy North Saskatchewan River on Sunday, a "starving" Adam Shaw and his dog Rocky each enjoyed a hamburger.

The meal was well deserved after a simple afternoon walk turned into a dramatic river rescue for the 27-year-old and his dog. Shaw, his wife and two children were walking in Edmonton's Rundle Park on Sunday afternoon when the family heard screams coming from a footbridge below.

They looked down to see a girl floating in the river and another child trying to help her.

Shaw yelled at the girls to stay put as his wife called 911 and he ran to the river.

By the time Shaw and Rocky reached the children, the second girl was also in the water and Shaw was able to pull her out.

Rocky and Shaw then set to work pursuing the girl who had "floated quite a ways down the river" and was in distress.

Both dog and man fell in the water while in pursuit and eventually Rocky swam to the girl, who managed to grab hold of his leash.

He swam her back to the shoreline where Shaw pulled both the girl and his dog onto the ice.

The group was soon met by Edmonton Fire Rescue.

"I just really didn't want to fail," Shaw said on Monday.

A day after the dramatic river rescue, the pair were hailed as heroes and presented an honorary helmet and a big bone by Edmonton Fire Rescue. ANNALISE KLINGBEIL/METRO IN EDMONTON

Adam Shaw and Rocky

RYAN TUMILTY/METRO

Quebec resident

Missing traveller's friends have hope

Friends of a Quebec man who vanished while driving home through Mexico's dangerous north say they're confident they'll find him and bring him home.

Marc Menard has not been heard from in more than two weeks.

The 44-year-old husband and father was returning to Canada after a three-month stay in Mexico.

THE CANADIAN PRESS

Surgery rumours

Lung live Pope Francis

Does the Pope have only one lung?

Despite erroneous reports that Pope Francis has lived most of his life with just one lung, the surgery actually only removed the upper part of his right lung, and his friends and family say he remains in good health for a 76-year-old man. But the Buenos Aires archdiocese and the Vatican have declined to provide medical reports on the matter. THE CANADIAN PRESS

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1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
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OSHAWA
Taunton Marketplace Plaza
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419 King St. W, Unit 2272
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Pickering Power Centre
Pickering Town Centre
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1448 Lawrence Ave. E
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2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
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31 Disera Dr., Unit 140
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604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 1S-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
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U.S. soldier knifed by teen while playing with kids: Official

Afghanistan.
American deaths spike dramatically following five-year low

An Afghan teenager fatally stabbed an American soldier in the neck as he played with children in eastern Afghanistan, officials said Monday, as the U.S. death toll rose sharply last month with an uptick in fighting due to warmer weather.

Last week's calculated attack shows that international troops still face a myriad of dangers even though they are increasingly taking a back seat in operations with Afghan forces ahead of a full withdrawal by the end of 2014.

Just one U.S. service member was killed in February — a five-year monthly low — but the American death toll climbed to at least 14 last month.

Sgt. Michael C. Cable
THE ASSOCIATED PRESS/U.S. ARMY

Overall, the number of Americans and other foreign forces killed in Afghanistan has fallen as their role shifts more toward training and advising government troops instead of fighting.

But a series of so-called insider attacks on foreign troops has threatened to undermine the trust needed to help President Hamid Karzai's government take the lead in securing the country after more than 11 years at war.

The attack that killed Sgt. Michael Cable, 26, of Philpot, Ky., last Wednesday occurred after the soldiers had secured an area for a meeting of U.S. and Afghan officials in a province near the volatile border with Pakistan.

But one of two senior U.S. officials who confirmed that Cable had been stabbed by a young man said the assailant was not believed to have been in uniform so it was not being classified as an insider attack. THE ASSOCIATED PRESS

The Netherlands. Four arrested on suspicion of burying deadly nerve gas

Dutch police spent three days digging up a field after receiving a tip that sarin may have been buried there, but found no trace of the deadly nerve agent, a prosecutor's office spokeswoman said Monday.

Two men and two women have been arrested in the case in the southern city of Maastricht on suspicion of owning and concealing a deadly gas, spokeswoman Cindy Reijnders said in a telephone interview.

She said police started monitoring a man's movements last week after a tip and arrested him Friday as he was about to start digging in a field just outside Maastricht, a city close to the Dutch border with Belgium. She said police have no indication that sarin was about to be used in a terror attack.

"There are no legal activities you can use sarin for," she said. "But at this moment we have no information or clues that it was going to be used for terrorism."

Reijnders said police believe the four suspects may have been trying to sell the nerve agent for their own financial gain, although it was unclear if they already had a buyer.

One suspect was arrested Friday as he was about to start digging in a field near Maastricht. Police dug up 400 square metres to a depth of a metre without finding anything.

Exposure to a high dose of sarin can cause convulsions and loss of consciousness. Death can be caused by suffocation because of muscular paralysis and the effects the sarin has on the respiratory centre of the nervous system. THE ASSOCIATED PRESS

About sarin

Sarin, first created by German scientists just before the Second World War, is a powerful nerve agent that was used in an attack by a Japanese doomsday cult on the Tokyo subway system in 1995 that killed 13 people and sickened around 6,000.

South Africa

White slavery accuser found stoned to death

South African police say Happy Sindane has been found stoned to death. Sindane made headlines around the world when he claimed he had been kidnapped and enslaved by blacks.

The motive for his killing was not known. Police spokesman Capt. Leonard Hlathi said Monday no arrests have been made.

A four-month inquiry in 2003 established that Sindane was the son of a black domestic worker and the white man for whom she worked for when Sindane was born.

Sindane had told reporters that he was a white slave, abused, threatened and forced to live outdoors tending animals.

His black family was insulted. They said they had taken in an unwanted child and treated him as one of their own. THE ASSOCIATED PRESS

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U.S. pot laws bring big biz to B.C. shop

Sonny Chambers, assistant manager for Green Planet Wholesale Ltd. in Surrey, B.C, adds fertilizer powder to a water tank. THE CANADIAN PRESS

Seeing the green.

Sales quadruple at hydroponics company after Washington and Colorado legalize weed

Business has been on fire at a Surrey, B.C., hydroponics shop since the decision was made by two U.S. states to legalize the possession of marijuana.

The ballot initiatives passed last November in Washington and Colorado allow adults over the age of 21 to possess up to 28 grams of marijuana.

Steven Betts, co-owner of Green Planet Wholesale Ltd., says sales have quadrupled in the last few weeks. Their multi-million-dollar businesses now employ about 60 people.

Betts says his company has plans to open a new distribution facility in Washington in the next few months.

Prof. Stephen Easton, who teaches economics at Simon Fraser University, says the company's success could draw the attention of competitors, such as big-box stores — especially if the owners are seeing large margins.

Green Planet's owners say it's not about doing anything illegally, and there's a sign near the store's checkout counter that warns customers that they'll be asked to leave if they mention any illegal substances.

"We've never been about doing things illegally," said Betts. "We're not martyrs. We don't try to be radicals or rebels. We're really about how to garden and how to garden efficiently."

THE CANADIAN PRESS

Online etiquette

Website tracks damaging tweets

What kind of tweets could get you fired?

Well, tweeting that you hate your job, hate your boss and want your co-workers killed could do the trick.

A new website tracks people who cross the line.

The website FireMe! (fireme.l3s.uni-hannover.de) has developed a detection system to measure the likelihood of you getting fired if your boss reads the tweet.

People's tweets are tracked based on four categories: Haters, Horrible Bosses, Sexual Intercourse and Potential Killers.

The website includes a tool called The FireMeter!, which determines on a percentage basis how likely you are to get fired.

The FireMeter! also allows you to enter another person's Twitter username to see how exposed they are to getting fired.

We thought we'd try controversial Toronto mayor Rob Ford's FireMeter! score, and his tweets are judged to be clean and safe.

"Your FireMeter score is 0," the website says of Ford's tweets. "You are doing a great job keeping it to yourself!"

Others are clearly on shakier ground.

The website shows a list of tweets from people tweeting about how they hate their jobs. They are grouped under the category "People who want to get fired."

In addition, FireMe! has compiled a leaderboard of people saying the most offensive things.

"If you're on the leaderboard, you definitely have a problem," says the site's developer, Eelco Herder.

Herder developed the website "to raise awareness about the danger of public online data."

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WestJet's April Fools' Day video promoted its "furry family" program, which purports to allow travelling pets of all kinds to roam free in the cabin. YOUTUBE SCREEN GRAB

Firms yuk it up for April Fools'

Gotcha. Brands try to flex their funny bones with goofy mock ads

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fools' Day ads. This year's participants included WestJet, lululemon and Boston Pizza.

York University professor Russell Belk says well-executed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fools' stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promoted kid-free planes. This year the airline says it's allowing any kind of animal, including bears, to roam free on board.

A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

Lululemon said it was introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats for exercise at $208 apiece.

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on YouTube said it was adding pizza salad, pizza beer, and pizza cake to its menu. THE CANADIAN PRESS

More April 1 fun

- Scores of businesses in Britain and the U.S. have also issued April 1 news releases or videos.
- Google videos promoted new services such as Google Nose, which lets users scan the web for smells, and a new feature on Google Maps that allows people to search for pirate treasure.

Market Minute

DOLLAR 98.36¢ (-0.07¢)

TSX 12,695.14 (-54.76)

OIL $97.07 US (-16¢)

GOLD $1,600.90 US (+$5.20)

Natural gas: $4.04 US (+2¢)
Dow Jones: 14,572.85 (-5.69)

New Delhi

India's top court issues landmark drug ruling

India's Supreme Court on Monday rejected drug maker Novartis AG's attempt to patent an updated version of a cancer drug in a landmark decision that health activists say ensures poor patients around the world will get continued access to cheap versions of lifesaving medicines. THE ASSOCIATED PRESS

Kicking the habit

Smokers can use nicotine patches, gum longer: FDA

The U.S. Food and Drug Administration says smokers who are trying to quit can safely use over-the-counter nicotine gum, patches and lozenges for longer than previously recommended in a move to help millions kick the habit. Current labels suggest people stop using such products after 12 weeks at most. THE ASSOCIATED PRESS

IT'S OK TO LOSE THE BOOZE

SHE SAYS

Jessica Napier
metronews.ca

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party, I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week —for guys it's double that — but how many of us are going over that, more often than not?

Anytime I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on Twitter @MetroSheSays

Morning-after reckoning

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

ZOOM

Motown piano signed, sealed, delivered

MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored thanks to Paul McCartney, was moved back into Studio A on Monday at what is now the Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS

MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

@CelebsTogether:
A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

@si_vault:
Sports Illustrated's endless collection of famous images, delightfully interlaced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

@Twisitor:
A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish were yours.

Comments

metronews.ca

RE: Justin Bieber's Monkey Quarantined in Germany, published April 1

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.
Google posted to metronews.ca

RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."
Kevin Dykstra posted to

RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1

If people got tickets for being stupid there would be a shortage of paper.
Xavier Leveque posted to metronews.ca

RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!!
Skippy76 posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

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Dwayne Johnson, at your beloved franchise's service

Role play. The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series

NED EHRBAR
Metro World News in Hollywood

Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

Star Trek

"My gut tells me we would have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with our boyhood ways.' Hypothetically."

American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."

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All in the family

Kristin Chenoweth, who stars in Family Weekend, a comedy about dysfunctional relationships, dishes on her own favourite family flicks

THE ASSOCIATED PRESS

Stage and screen veteran Kristin Chenoweth plays a hard-charging, high-powered executive in the dark indie comedy Family Weekend — a wife and mom who's too busy for her husband and kids, who are all too busy for each other anyway. Teenage daughter Emily (Olesya Rulin) finally has enough of the neglect when everyone blows off her big jump-roping competition at school. She rounds up her selfish, scattered relations for a long and tortured intervention — which includes tying mom and dad (Matthew Modine) to chairs, duct-taping their mouths shut and detailing their years of offences. Here, Chenoweth picks her own favourite movies about families.

National Lampoon's Vacation (1983)

It's a classic dysfunctional family with Chevy Chase and Beverly D'Angelo. It's so over the top but yet you buy it. In some ways, our film Family Weekend has a similar dysfunctional family.

The Sound of Music (1965)

It's about a fractured family that comes together with the new stepmom who wins them over in the end. This is a good family film.

RV (2006)

It's a family film that I was in which is about what it's like to go cross country with your family. I absolutely love this one. Robin Williams cracks me up.

Steel Magnolias (1989)

It's a family film about relationships between the women and even the husbands are involved. Being a Southern woman, I get and know all of those women.

Gone With The Wind (1939)

It's about the relationship of a girl and her land. It's family oriented and about loss.

DVD reviews

The End of Time

Director. Peter Mettler

Stars. Richie Hawtin, Peter Mettler

Does it really matter what time it is? The End of Time artfully explores the human construct of hours, minutes and days, arguing that nature doesn't need watches, clocks and calendars. The poetic lens of Toronto cinematographer/director Peter Mettler has previously inquired into such elusive subjects as personal fulfillment (Gambling, Gods and LSD) and the Northern Lights (Picture of Light). Now Mettler is after his most elusive prey yet: the very human concept of how we track our very existence. Following a global path that leads him from proto-astronaut Joseph Kittinger to proton-smashing physicists at CERN's Large Hadron Collider in Geneva, Switzerland, and from a Hawaiian lava watcher to Henry Ford's defunct Detroit assembly line, Mettler makes a profound statement on what makes all of us tick.
It's of a piece with Patricio Guzmán's Nostalgia for the Light, another film that similarly finds miraculous unity in seemingly random things. Extras include a filmmaker's commentary.

Killing Them Softly

Director. Andrew Dominik

Stars. Brad Pitt, Ray Liotta, Richard Jenkins

The drained gangsters of Andrew Dominik's Killing Them Softly drink to excess and whore around, but achieve little satisfaction. Business has been bad lately. It's the fall of 2008 in post-Katrina New Orleans, and despite constant chatter about "the American promise" from presidential candidate Barack Obama, few people dream big. Mob hit man Jackie Cogan (Brad Pitt) is disgusted by what he sees. He still possesses a modicum of self-respect, but it's started to fade. There are elements of Scorsese's grime and Tarantino's wit in Killing Them Softly, and the story source is the 1974 novel Cogan's Game by George V. Higgins. But writer/director Dominik has his own methods. He's brilliant at using atmosphere and attitude. Bullets will eventually fly and blood will flow. The victims will hardly have time to feel pain. But the film makes its mark. Extras include deleted scenes and a making-of featurette.

PETER HOWELL

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Taking time for Girl Talk with singer Kate Nash

Breakups and makeovers. English songstress says the end of a relationship fuelled her latest work

LINDA LABAN
Metro World News in Boston

Kate Nash. HANDOUT

Kate Nash arrived in New York two nights ahead of the February blizzard, but ran into the storm that is Fashion Week. Nash recorded her new album, Girl Talk, and filmed three movie roles last year, so it's not surprising that she already has a killer promo schedule — packed designer shows and DJing Teen Vogue's party, which morphed into actress Chloe Moretz's sweet 16 party. No jet lag slacking for the Brit singer/songwriter, that's clear.

"It's just a fun trip, really," says Nash of New York City's notoriously insane Fashion Week. If the 25-year-old sounds different this time, that's because she is.

She says the punky pop Girl Talk was fuelled by a breakup and her all-girl band. "Women connect with each other on an emotional level in a really big way. ... That was a really important thing for me over the last year, what with all the personal things I was going through." She uses the phrase "going through" in reference to the breakup. "The record itself is basically purging for me," she continues.

Nash has also revamped her style, with the key component of that word being "vamp."

She says she's not trying to be somebody she isn't, though.

"It's about making you feel good," she says.

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Ryan Tedder and his band OneRepublic released their third album last week. THE ASSOCIATED PRESS

Ryan Tedder pushes producer pride aside

OneRepublic. Band's frontman talks about the stress of handing over some of the creative reins on latest album

Ryan Tedder has been the mastermind behind hits for Adele, Beyoncé and Leona Lewis, but on his band's new album, the Grammy winner gets help from other hit-makers.

Tedder's name is all over the credits on Native, OneRepublic's third album, released last Tuesday.

But other players helped shape the band's latest sound, including Benny Blanco, who co-produced hits like Maroon 5's Moves Like Jagger and Katy Perry's Teenage Dream, and Jeff Bhasker, who produced fun.'s Grammy-winning breakthrough album, Some Nights.

"I was very clear with them," said Tedder, who added that taking a back seat to other producers was both "scary and exciting."

"I was like, 'We're not Maroon 5. We're not fun.'"

OneRepublic's lead single, If I Lose Myself, was co-produced by Blanco, and Bhasker adds his drum-filled sound to Can't Stop. The album also features producer Philippe Zdar, best known for his work with French critical darlings Phoenix.

In an interview, Tedder, 33, talked about collaborating with other artists, the state of rock music on Top 40 radio and Native, which OneRepublic recorded in Greece, Paris, London, New York, Seattle, Vancouver, Canada and Colorado.

You've produced for many acts. What was it like having others come into your musical space?

I happened to work with Benny and Bhasker in the middle of, probably the both of them, the greatest run of hits in their lives. ... I don't want the one time I go outside my box and collaborate with somebody to be the song that doesn't work. You're always, like, slightly terrified. ... No offence to them, but I didn't want their palate or their sound to then define us.

So how did you work everything out?

The one Bhasker did and one of the two Benny did, I knew fundamentally I'm not the guy to do this. I'm not the right producer to do this record. I'm not getting it right.

This record sounds like such a huge, huge, important moment and I'm missing it.

THE ASSOCIATED PRESS

Bad Religion finds their True North on latest album

'Happy accident.' Guitarist Brian Baker attributes longevity of band to zany songwriting and its loyal fans

BRIAN HORGEA
Metro World News in New York

Brian Baker says playing the guitar has never lost its lustre. GETTY IMAGES

Bad Religion's 16th album, True North, is being heralded as a return to form, harkening back to their style from the late '80s. But guitarist Brian Baker says that's just a "happy accident."

"There's never any conception, any preconceived idea, about what a Bad Religion record is going to be," he says. "The lyrical aggression on this record is what begat the tempos of the short songs."

For 33 years, the band has weathered lineup changes, hiatuses, major labels and mainstream recognition. They have forged a sound that builds upon hard-core punk while adding doses of pop, heavy metal and psychedelia to their insightful and socially-conscious lyrics.

Baker attributes the band's longevity to the adventurous songwriting of Brett Gurewitz and Greg Graffin. "This has never been a band to sort of lay back and try to sell some T-shirts," he says.

Baker says the fans are also a large part of the equation. "When you have a band with our history, it's nice to be able to play new See Again Without Glasses! stuff and have it still be relevant to the audience," he says, "instead of them pacing themselves, waiting to hear No Control."

But even if it weren't for the fans, the 48-year-old Baker insists he'd still be doing what he does. "Playing guitar has exactly the same physical rush and emotional intensity it did when I was 15 years old," he says. "It's something I would do if no one came to watch."

COMEDY CALENDAR LISTINGS

ABSOLUTE COMEDY

April 3 — Absolute Comedy Presents, 8:30 p.m., Pro-Am Night, headliner Brendan Mckeigan with host Darryl Purvis.
April 4 — Absolute Comedy Presents, 8:30 p.m., headliner Brendan Mckeigan with host Darryl Purvis, featuring Todd Van Allen.
April 5 — Absolute Comedy Presents, 9 p.m., headliner Brendan Mckeigan with host Darryl Purvis featuring Todd Van Allen.
April 6 — Absolute Comedy Presents, 8 p.m. & 10:45 p.m., headliner Brendan Mckeigan with host Darryl Purvis featuring Todd Van Allen.
April 7 — Absolute Comedy Presents, 8 p.m., headliner Brendan Mckeigan with host Darryl Purvis featuring Todd Van Allen.
April 10 — Absolute Comedy Presents, 8:30 p.m., Pro- Am Night, headliner Ryan Belleville with host Denis Grignon.
April 11 — Absolute Comedy Presents, 8:30 p.m., headliner Ryan Belleville with host Denis Grignon featuring Adam Growe.
April 12 — Absolute Comedy Presents, 9 p.m., headliner Ryan Belleville with host Denis Grignon featuring Adam Growe.
April 13 — Absolute Comedy Presents, 8 p.m. & 10:45 p.m., headliner Ryan Belleville with host Denis Grignon featuring Adam Growe.
April 14 — Absolute Comedy Presents, 8 p.m., headliner Ryan Belleville with host Denis Grignon featuring Adam Growe.
April 17 — Absolute Comedy Presents, 8:30 p.m., Pro-Am Night, headliner Arthur Simeon with host Guido Coco.
April 18 — Absolute Comedy Presents, 8:30 p.m., headliner Arthur Simeon with host Guido Coco featuring John Burton.
April 19 — Absolute Comedy Presents, 9 p.m., headliner Arthur Simeon with host Guido Coco featuring John Burton.
April 20 — Absolute Comedy Presents, 8 p.m. & 10:45 p.m., headliner Arthur Simeon with host Guido Coco featuring John Burton.
April 21 — Absolute Comedy Presents, 8 p.m., headliner Arthur Simeon with host Guido Coco featuring John Burton.
April 24 — Absolute Comedy Presents, 8:30 p.m., Pro-Am Night, headliner David Acer with host Jim McNally.
April 25 — Absolute Comedy Presents, 8:30 p.m., headliner David Acer with host Jim McNally Mello featuring Andrew Chapman.
April 26 — Absolute Comedy Presents, 9 p.m., headliner David Acer with host Jim McNally Mello featuring Andrew Chapman.
April 27 — Absolute Comedy Presents, 8 p.m. & 10:45 p.m., headliner David Acer with host Jim McNally Mello featuring Andrew Chapman.
April 28 — Absolute Comedy Presents, 8 p.m., headliner David Acer with host Jim McNally Mello featuring Andrew Chapman.
April 30 — Absolute Comedy Presents, Special Show, 8 p.m., Debra DiGiovanni.

THE SECOND CITY

April 1, 8, 15, 22, 29 — Drop In Improv Class at The Second City Training Centre (6-8 p.m., $15).
April 1, 8, 15, 22, 29 —The Best of The Second City (8 p.m., $14).
April 2-4, 10-11, 17-18, 24-25 — The Meme-ing of Life (The Second City, 8 p.m., $24).
April 5-6, 12-13, 19-20, 26-27 — The Meme-ing of Life (The Second City, 7:30 & 10 p.m., $29).
April 7, 14, 21, 28 — The Meme-ing of Life (The Second City, 7:30 p.m., $24).
April 9, 16, 23, 30 — Improv All-Stars (The Second City, 8 p.m., $20).

Barrymore takes a bet on the booze

Hand me the cork, Drew. The actress and entrepreneur sets her sights on the wine world

MEREDITH ENGEL
Metro World News

Between making movies, working on a new makeup line and raising her baby, Drew Barrymore could certainly use a glass of wine at the end of the day.

Now, when that mood strikes, she's got just the bottle to turn to — her new Barrymore Wines.

We asked her what went into it.

How long have you had the idea to create your own wine?
I have always been interested in the art of wine-making and how a bottle of wine can bring family and friends together for a memorable evening or a casual conversation. To have the opportunity to create my own collection and be part of the process was what led me to launching Barrymore Wines.

Drew Barrymore is now in the wine game. ISTOCK

Perfect pairings

"My goal was to create a wine that was refreshing and subtle yet complex."
Drew Barrymore

What was the testing and tasting process like?
I travelled to Italy and spent time in the Triveneto area where the grapes are grown. I knew I wanted my first offering to be a pinot grigio, so my goal was to create a wine that was refreshing and subtle yet complex. We had a lot of tasting until we found the one that had all of these qualities in a glass.

What should we pair your pinot grigio with?
It can really be enjoyed and paired with a variety of foods. I love having a glass with a light pasta or seafood dish.

Cory Monteith ALL PHOTOS GETTY IMAGES

Substance addiction lands Glee's leading man in rehab

Glee star Cory Monteith has checked himself into rehab, according to Us Weekly. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help avoiding, he has opened up about his drug use in the past, telling Parade magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Buckwild star Shain Gandee found dead

THE WORD
Dorothy Robinson
scene@metronews.ca

Shain Gandee has died at age 21.
AMY SUSSMAN / INVISION/ THE ASSOCIATED PRESS

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit Buckwild, was found dead yesterday along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."

Bieber's being a bad boy, and it ain't good for business

The clock is ticking on Justin Bieber's career, according to top music manager Peter Mensch, who reps acts like Metallica and the Red Hot Chili Peppers. Mensch doesn't see much of a future for the Canadian pop star after a month of hospitalizations, cancelled concerts and dust-ups with the paparazzi. "His manager, Scooter Braun, is scared s—less. I don't know what Bieber's problem is. His career is over in three years anyway," Mensch tells the Sun. "I'd take Bieber to the woodshed and spank him."

Twitter

@JonahHill
You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!

@JuddApatow
I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.

@pattonoswalt
Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones

@kevin_nealon
Should i consult a doctor if my energy drink lasts longer than five hours?

Arnold Schwarzenegger

Maria Shriver

Arnie and Maria ease up on the drama for Easter

There didn't seem to be much tension between Arnold Schwarzenegger and Maria Shriver when the separated couple sat down this weekend for Easter brunch at a Santa Monica restaurant with their children, according to E! News. Dressed casually, Schwarzenegger and Shriver reportedly sat next to each other in a corner booth in Coast Cafe in the Shutters on the Beach hotel. While Schwarzenegger has admitted to hopes of a reconciliation with Shriver, he has reportedly been dating another woman, Heather Milligan, since the fall. Milligan was not present at the family brunch.

Bynes unleashes Twitter barrage at former flames

Amanda Bynes

Amanda Bynes continues to utilize her Twitter account to vent — and make her friends and family worry about her mental well-being. This weekend, Bynes posted a bizarre tirade of tweets aimed at her "exes," though she didn't name names. "When you write me on Twitter and I ignore you, it's because I plan on ignoring you on Twitter and in life forever," she wrote, along with, "If you were hot, I'd be so into you. Dedicated to my exes still tryna holla."

TAKE CARE OF THAT SMILE FOR O

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of has have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes a job interview, where interviewers can been wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.
- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums
- Provides a greener alternative – With electric brushes, you only need o replace the head once every three months instead of the entire brush.
- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?

"DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?"

A WHITER SMILE FOR SPECIAL OCCASIONS

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.

VERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all he difference in the world.

If you are thinking about whiter shade of white, there are a few options available, ranging in price from less han $20 up to about $2, 000.

Going to a professional

A dental professional cleans and removes of any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from $300 to $2,000 depending on the system, the technology, and the effort requied to achieve desired results.

Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray. Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from $100 to $800.

Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from $15 to $60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.

REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

Thwart tooth decay: Only dental floss can remove plaque from between your teeth where cavities can easily form.

Avoid gum disease: Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

Prevent tartar build-up: Flossing can slow down the accumulation of tartar.

Defend against bad breath: If plaque is left between your teeth, it will produce a bad smell in your mouth.

Reduce heart attack risk: Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

Ready to get flossing? Talk to your dentist about what types of products will be most effective for you.

We're just big bags of icky stuff, and other science facts

New book. Author of Gulp: Adventures on the Alimentary Canal takes on the gloppy, sticky part of digestion

SHAUN BRADY
Metro World News

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In Stiff: The Curious Lives of Human Cadavers, she followed the body through its many strange post-mortem pathways; in Packing For Mars, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, Gulp: Adventures on the Alimentary Canal, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

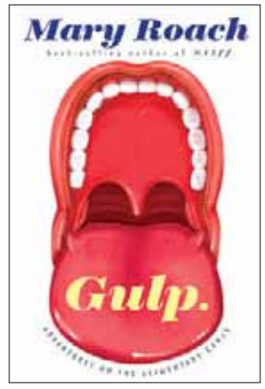
"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

"It was the last taboo that I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to pull apart and explore."

As with Bonk, her book about the science of sex, Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we find utterly repulsive.

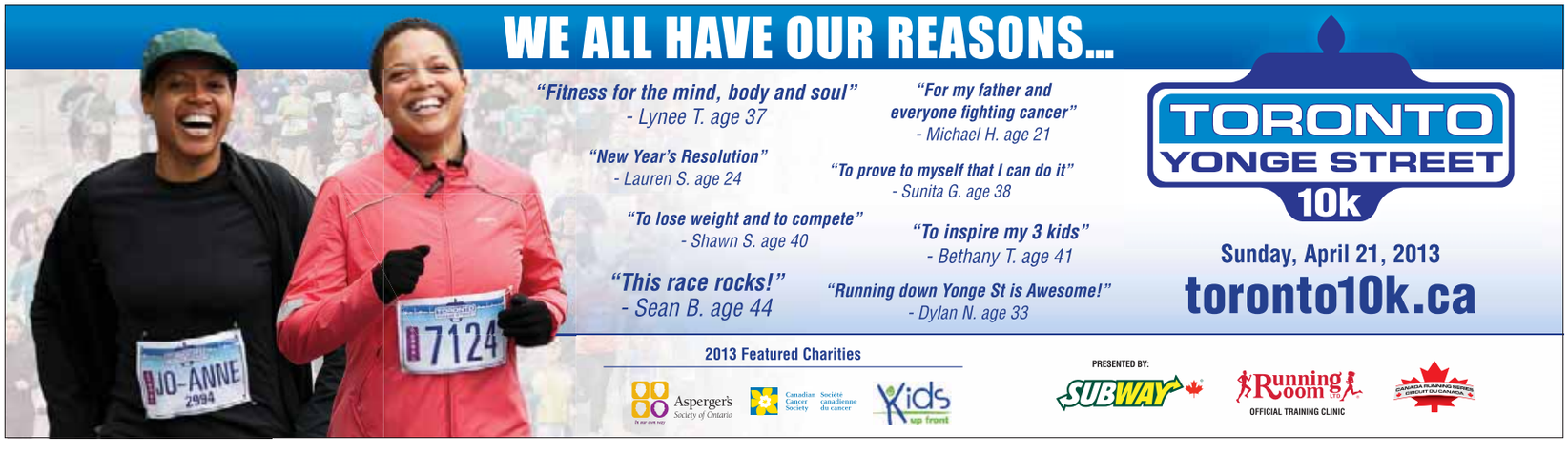
"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."



Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach
Talking about what you can find in her new book Gulp: Adventures on the Alimentary Canal


WE ALL HAVE OUR REASONS...
"Fitness for the mind, body and soul" - Lynee T. age 37
"For my father and everyone fighting cancer" - Michael H. age 21
"New Year's Resolution" - Lauren S. age 24
"To prove to myself that I can do it" - Sunita G. age 38
"To lose weight and to compete" - Shawn S. age 40
"To inspire my 3 kids" - Bethany T. age 41
"This race rocks!" - Sean B. age 44
"Running down Yonge St is Awesome!" - Dylan N. age 33
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DIETS FOR ALL FOOD-FUSSERS

Metro breaks down quick food plans for three types of food eaters: carbohydrate cravers, meat lovers and I'll-eat-anything foodies.

Carbs ● Protein ● Fat	BREAKFAST	LUNCH	DINNER	SIDE DISH OR SNACKS	DIETS FOR YOUR FOOD TYPE
22% 10% 67% CARB-HEAVY DIET	Banana, whole-wheat toast with peanut butter	Tuna, brown rice, apple	Baked potato with baked beans	Tomatoes, red peppers, carrots, celery	**Montignac Method** World's first GI diet, focusing on carbs with low glycemic index, which keeps blood sugar level stable **Raw Food Diet** Weight loss program, based on 75 per cent raw fruit and vegetables
27% 13% 60% PROTEIN-HIGH DIET	Eggs, bacon, avocado	Lamb chops and walnuts	Chicken breast, avocado, whole milk	Lettuce, tomatoes, mushrooms	**Dukan Diet** Follows four distinct phases to help lose weight **Atkins Diet** Famous protein-heavy, carbs-light diet **Paleolithic Diet** Eat like a caveman: lots of meat, no wheat or grains
29% 13% 58% EAT-ANY-FOOD DIET	Oatmeal and blueberries	Whole grain pasta, tuna, egg	Chicken breast, potatoes, broccoli	Carrots, plain yogurt, cucumber	**Weight Watchers** Points-based program and well-established community and support **Blood Type Diet** Eat for your blood type to boost metabolism

2013 TOP DIET

What's In It? – Gluten-free (i.e. not eating wheat, rye or barley) is essential for people with gluten allergies or celiac disease, a condition which can cause intestinal damage when gluten protein is eaten.

Pluses – Eating gluten-free can help reverse damage to intestinal tract for gluten intolerants; leads to a healthier diet filled with less processed foods.

Minuses – Diet can eliminate key nutrients, like B vitamins and fibre; gluten-free foods can be high in calories.

THE WORLD'S MOST SEARCHED FAD DIETS

SOURCES: SIMOLL ML; JOY DUBOST, ACADEMY OF NUTRITION AND DIETETICS; GOOGLE TRENDS; GOOGLE ZEITGEIST; CALORIE CONTROL COUNCIL NATIONAL CONSUMER SURVEY

TEXT: ANTHONY JOHNSTON, GRAPHIC: MEA KORAB; MWN

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Hockey causes most athlete brain injuries in kids: Study

Research. Canada's favourite past time is causing concussions, contusions and hemorrhages in youth at an alarming rate

Hockey accounts for almost half of all traumatic brain injuries among Canadian children, a new study finds. DOUG IVES/THE CANADIAN PRESS

Hockey accounts for almost half of all traumatic brain injuries among Canadian children and teens taking part in team sports, says a study, which also looks at how and why kids are getting hurt.

The toll taken by five other sports, including soccer and baseball, is also broken out in the study — as well as what steps could be taken to help prevent such potentially devastating injuries as concussions, brain contusions and brain hemorrhages.

"Studies up until now really haven't put a lot of focus on the reason why children and youth are getting brain injuries in sports," said principal researcher Dr. Michael Cusimano, a neurosurgeon at St. Michael's Hospital in Toronto.

"And if we're going to keep people in sports, which has tons of benefits to it, we need to understand why they're getting hurt.

"If we understand why they're getting hurt, we can develop means by which to prevent them and make the sport relatively safer."

The study looked at almost 13,000 injured children aged five to 19 between 1990 and 2009, using data from the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP), which tracks visits to emergency rooms at 11 pediatric hospitals and three general hospitals across the country. THE CANADIAN PRESS

By the numbers

Researchers found that hockey accounted for 44.3 per cent of all brain injuries, with almost 70 per cent of them occurring in children 11 and older as a result of player-to-player contact or being hit into the boards.

- **Old habits die hard.** Surprisingly, said Cusimano, young hockey players are still getting hurt because of being checked from behind by an opponent — a move that's been banned by organized leagues for more than 20 years.

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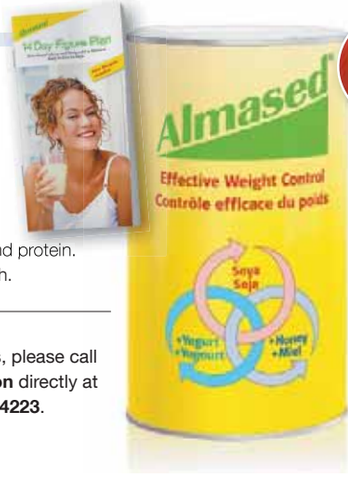

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Lobbying on for more baby-friendly hospitals

Baby health. Support for breastfeeding key component as research shows childhood obesity linked to kids who aren't breastfed

To breastfeed or to not breastfeed — that is the question.

A recent report by Ontario's Healthy Kids Panel recommends that hospitals across the province that deliver maternity and pediatric care should be encouraged to be certified as Baby Friendly Initiatives, a program launched by the World Health Organization and UNICEF in 1991.

Under the designation in Canada, hospitals must not accept free or low-cost breast milk substitutes, feeding bottles or soothers; they must strictly fulfil 10 criteria, including placing babies skin-to-skin with their mothers right after birth and encouraging mothers to breastfeed for a minimum of six months, unless supplements are medically indicated.

So far, just three hospitals in Ontario have earned their BFI accreditation — St. Joseph's Health Care in Hamilton, Grand River in Kitchener and Toronto East General. Across Canada, there are roughly a half-dozen others already certified or in the process of becoming baby-friendly centres.

Experts say there are lots of health benefits linked to breastfeeding: breast milk contains disease-fighting antibodies that may also reduce a baby's risk of developing allergies and research suggests breastfeeding offers some protection to women against breast and ovarian cancer as well as osteoporosis later in life.

"Babies who are breastfed exclusively have fewer hospitalizations, fewer trips to the doctor, fewer ear infections and respiratory illnesses," says Alex Munter, co-chair of the Healthy Kids Panel.

Recommendations by the panel are aimed at reducing the rate of childhood obesity — almost a third of Canadian kids and teens are overweight or obese — by 20 per cent in the next five years.

"As it relates to obesity, we know that the longer a baby is breastfed, the more significant the impact," says Munter, CEO of the Children's Hospital of Eastern Ontario (CHEO) in Ottawa.

THE CANADIAN PRESS

Experts say there are lots of health benefits linked to breastfeeding. ISTOCK PHOTOS

How to remember anything

You can't remember how many times you've lost your keys — that's how bad your memory is. Try these tips from Nelson Dellis, who just placed second at the USA Memory Championship.

1. Think in pictures.
The brain prefers pictures, not abstract images (numbers, names, concepts, etc). Turn whatever it is you are trying to remember into pictures.

2. Store them in a familiar place.
Take your home, and mentally walk through it while placing the pictures of what you are trying to memorize along a specific path.

3. Think crazy, bizarre, funny, gory, erotic.
Make those picture over the top and out of the ordinary. We remember those better.

4. Stay active.
Your brain needs blood to work smoothly. Staying fit keeps circulation to the brain at its best.

5. Eat right.
Include Omega 3 DHA in your diet. A lot of people think that fish is the only way to get DHA, but in fact there are vegetarian options. Try DHA Brain Armor, which is a DHA supplement for athletes. METRO

Don't forget to remember these memory tips. ISTOCK PHOTO

Best Health

Spicing up your healthy living

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

There's no need to shake on extra salt if you have spices as a pantry staple. There are countless health benefits, and in the latest issue of Best Health, freelancer Margaret Nearing looked at some of the most powerful spices.

Turmeric
The yellow pigment in turmeric comes from a component called curcumin, and it could reduce the pain of tendinitis, an inflammation of the tissue connecting muscle to bone.

Black pepper can help block fat cells from forming. ISTOCK PHOTOS

Black pepper
Piperine, the substance in black pepper that provides its flavour, can block formation of new fat cells.

Coriander seed
Researchers found the seed oil damages the membrane around bacteria cells, leading to the cell's death. The researchers see coriander oil as a future food additive.

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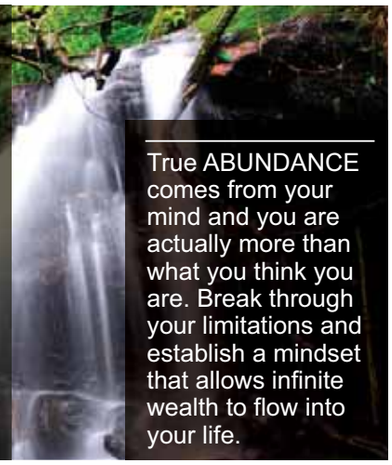

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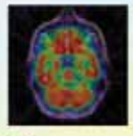
• Behavioural problems as a child
• Problems following rules



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ADVANCING GENERICS

The pressure is on to make tasty spring-friendly risotto

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in a traditional sauté pan is done and ready to serve in about 20.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté for 3 minutes, or until translucent. Increase heat to high and add rice, stirring to coat. Toast the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Health Solutions

Peas save Easter leftovers

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Easter is over and you are left with a few scraps of ham and a ham bone. Well, now, that sounds like pea soup.

Dried peas or legumes are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals including the liver cleansing one, molybdenum.

Given that you probably cleaned your house with (liver damaging) smelly chemicals for the holidays and then indulged in a whack of sugar (also liver damaging), a little molybdenum can go a long way. #StuffNutritionistsSay.

Dried split yellow peas have been consumed for millennia and they are the traditional variety chosen for French Canadian Pea Soup.

The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of water or broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a thick, healthy, delicious soup. Freeze leftovers in single serving sizes and enjoy on each and every rainy day yet to come.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Real housewife of New Jersey tells it like it is in new book

Straight shooter.
Caroline Manzo talks about her book, family life and reality TV

For all the table-flipping, name-calling and screaming on Bravo's The Real Housewives of New Jersey, there is a voice of reason among the cast. That belongs to Caroline Manzo, a straight shooter, happily married mother of three grown children.

Manzo can get worked up on the show, and she certainly holds her own in a battle, but for the most part, she seems irritated, if not bored, by the drama among her cast mates. One thing is evident — when Manzo speaks, everyone listens.

The 51-year-old reality star has expanded on her no-nonsense approach to life with a new book, Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman, written with Kevin Dickson and published by It Books.

Why did you decide to write a book?
I got the idea from the viewers. They ask me the same questions over and over again, and it's, "How do you manage to have three great children? How do you manage to have a close family, long marriage, happy marriage, backbone? How is it being in the public eye?" ... All I can say is what I've done in my life and that for me was the best way to answer the questions, through little anecdotes about my life.

You can tell on the show that you're very close with your family. Did you notice right away that people were very interested in knowing how you achieved that?
To this very moment I'm puzzled by the reaction to me and my family because I'm finding more and more that people find it unusual and it should be normal and that's what puzzles me. Why am I unusual? Why is my bond with my children abnormal? And that's what I find interesting.

This book isn't a tell-all. Did some people think you should make it one?
There are some people along the way that said, "It would sell more copies." Well, that to me is not success. I want the book to sell because people want to hear what I had to say about things and are truly interested in learning about me and my family and the process of being on Housewives, which I talk about. I don't bash anyone. I tell little behind-the-scenes anecdotes about Housewives. To say that something is a success because you were negative about somebody is not the way I operate.

Do you feel you've learned anything about yourself watching yourself on TV?
The greatest gift in the world is to see yourself on reality TV. Everybody says, "Oh, gee, I hate my voice! Oh my God, I'm so fat!" You know, beyond that, you learn tolerance and acceptance and things like that and you learn to look at yourself and say, "Gee, I could fix that about myself because it's just not cool." So sure, I've had a lot of lessons throughout the five years of being on television and in the public eye. And I'm grateful for it. You know, there were moments that I wanted to crawl under the covers and just die, but you know, so what? OK, I'm still here, it's OK.

Viewers who watch The Real Housewives think they know you because it's a reality show. Do they really?
I would say the viewers have a pretty good handle of who we are as people. However, you don't know all sides of us. We are each multifaceted individuals, so you see one angle of us, you don't see everything.

THE ASSOCIATED PRESS

Caroline Manzo, one of the stars on The Real Housewives of New Jersey, has a new book titled Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman. GETTY IMAGES

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One small business, and one giant step for youth employment

YOUR MONEY
Alison Griffiths
money@metronews.ca

Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed $175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, unemployed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually.

Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult.

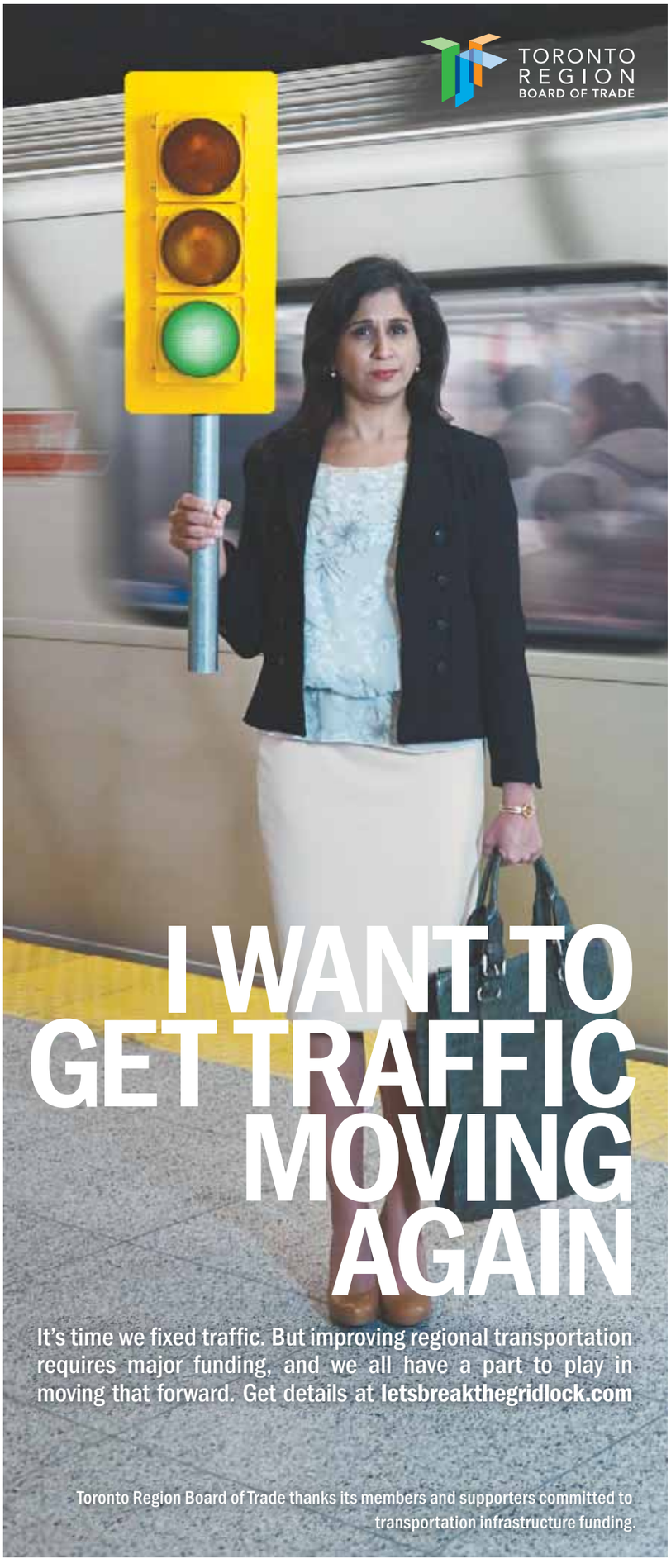
In contrast, a nationwide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf and part of that statistic.

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca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BRUCE WALSH
Metro World News

A retail empire you can run from the comfort of your coffee table? Yes please! ISTOCK

In 2008 Dave Stewart was laid off from his maintenance tech position at a Pennsylvania nursing home. The news came as a shock and, as a result, he decided to take his career in a radically different direction.

Stewart is now one of a select few Americans that make their living through eBay. (The company claims 1.3 million sellers worldwide, but experts believe the number of individual, primary-income eBayers to be much smaller.)

"I no longer wanted to be dependent on someone else providing me with paycheques, because I saw that you couldn't rely on it as much as I did," says Stewart, from his home in Bucks County, Pa. "I wanted to be self-employed, but wasn't quite sure how to get there."

Inspiration struck, along with a bit of luck. He discovered a stockpile of obsolete car parts in his grandfather's cavernous garage. While his family was skeptical, Stewart was convinced there was a market for outdated parts.

"It started out as an experiment — just a few parts on the (eBay) page. They really sold fast, and I had an inkling I was on to something," says Stewart "Pretty soon, I had an eBay store, and I couldn't keep up with the orders."

Stewart's success wasn't based on luck alone. He operates his business with the systematic, detailed approach you'd expect in a much larger operation. Every one of the 1,600 items in his eBay store is researched thoroughly and displayed with precise photos and descriptions. These days, car parts represent less than half of the items in his store.

"To be successful on eBay, you have to be a salesman. It's like other sales jobs, if you're good at it, you can make a living — but only if you're good," says Stewart. "It's all about keeping people's interest with new merchandise. You can't just let it sit there and expect to make something."

Q&A

Temple University management professor Paul Pavlou has been studying eBay for 15 years, since the company's early days. He gave his expert advice:

How has the eBay game changed in the past five years?

A lot has changed — some that's good for the individual, and some that isn't. EBay has attempted to attract much larger sellers, and they have adjusted their model somewhat because of that. However, it's a larger platform now, and the access to the market, logistics and infrastructure is still quite remarkable for the individual.

What sells best on eBay right now?

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Starting out on a high note — rock star hails music as a social saviour

The Gene rule.
Musical training can help compose a confident youngster, says Simmons

Kiss frontman Gene Simmons made a surprise appearance at a Sioux Falls benefit concert Saturday, where he spoke of music's power to positively shape children's lives.

Simmons's appearance came on the final day of a week of concerts to benefit the music academy for Sioux Falls Boys & Girls Clubs members.

"This is about kids. We've had our chance. We've got to give them a chance. Anything that gets them off the street is a good thing," Simmons said.

Music, Simmons said, is self-empowering.

"It doesn't matter if you become a star. If you don't believe in yourself and get up on stage, everybody is watching. You can feel the power ... and it helps you get through life, especially when you're impressionable."

Throwing them a tune-making tool might just be instrumental in the development of their personality. ISTOCK

Gene Simmons
GETTY IMAGES

He said getting involved in music — whether it's learning to play an instrument or sing karaoke — improves social skills, too.

Motley Crue singer Vince Neil was also at Saturday's show, and he, too, expounded on the positive benefits of music.

"Say you finish your first song, it could be Mary Had a Little Lamb, it doesn't matter, but at least it's something you've played," Neil said. "And I think for kids, they could go into a whole other direction because they accomplished something."

Neil said he was 10 when he first started taking guitar lessons.

"I was terrible," he said laughing. "That's why I'm not a guitarist. I went into the other direction."

Stage flight

"You can feel the power ... and it helps you get through life, especially when you're impressionable."

Gene Simmons on performing music live

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Work in bursts to maximize productivity

Q & A. Metro talks to consultant about how to get the most out of every work day

DOUGLAS SMITH
Metro World News in New York

Juggling multiple duties at once is not the key to productivity — instead, try alternating between "focused" and "collaborative" tasks. ISTOCK

Some days, you feel like you got nothing done at work. It's not uncommon. The email inbox grows, instant messages pop up and colleagues interrupt your workflow. Productivity consultant and author of The Accomplishing More With Less Workbook Pierre Khawand says. "When we are working a few minutes here and a few minutes there, we are staying at the superficial level and not getting deep into anything." Here are his strategies for digging in deeper to get more work done.

How can people reach their level of optimal productivity?

The first element has to do with how results change with time when we are working on a task. When we start to work on the task, we get results. But at some point, the results level off and then diminish, because either we get mentally tired and are no longer productive, or we need someone else to do their part before we can continue. This is all good in theory, but what happens in reality is that a few minutes after we start to work on a task, we get interrupted. When we get interrupted, our results go down to zero — this happens again and again and again. It's part of life in today's work environment.

Burst out:

Working in bursts manages tasks, interruptions and energy. It makes you feel invigorated and accomplished as a result.

- Alternate between focus, collaboration and play.
- Be intensely and wholeheartedly in each burst. That's what the "burst" label is for — to maximize output.
- Each burst should build toward and enhance the next burst.

So how do we stay on task?

A key element is starting the day by identifying what we intend to accomplish that day and ending the day with a reconciliation process. That ensures that we close the loops on open issues. Instead of starting the day with email, we should stop for a minute or two to reflect on what is important and what we want to accomplish. Then, put it in writing.

The idea is that we need to stay focused long enough so that we can achieve in-depth thinking, creative problem solving and get meaningful things done. Depending on the task, it can be 15 minutes, 30 minutes or several hours. Once we have accomplished something meaningful, it is time to stop our "focused" session, and switch to being collaborative — handle email, phone calls, have live discussions. This is the collaborative work where we get the most of our team productivity and equally important results. After the collaborative session, it is time to take a break — do something that gets us re-energized and ready for the next focused session. No significant productivity gains, and therefore no significant accomplishments, can be achieved if we don't optimize our workflow by recognizing the concepts described above: focus, collaborate, then play!

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JOSE REYES

How he got here
Traded to Toronto along with Josh Johnson, Mark Buehrle, John Buck and Emilio Bonifacio from the Miami Marlins.

2012 at a glance
Following 2011, when Reyes was the NL batting champ, his numbers regressed slightly in his only season with the Marlins. However he did play in all but two of the 162 game season and finished with 86 runs scored, 40 stolen bases and the second best strikeout percentage in the league.

For 2013
During his introductory press conference, Blue Jays GM Alex Anthopoulos said Reyes is "...probably my favourite player in the league to watch." The switch-hitting shortstop combines speed, defence and the ability to hit for contact. Reyes also gives the Blue Jays a bona fide leadoff hitter — something the team has been missing for years.

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R.A. DICKEY

How he got here
Traded to Toronto along with Josh Thole and Mike Nickeas from the New York Mets.

2012 at a glance
Dickey set the world on fire. He lead the National League in shutouts, innings pitched and strikeouts. Was nearly unanimously selected as the NL Cy Young Award winner.

For 2013
You probably know the story. Heck, he's probably already your favourite player. Maybe you're wearing an R.A. Dickey jersey right now. The trade with the Mets was contingent on Dickey signing a contract extension — ultimately a two-year $25 million US deal. Now, after spending this past off-season in India with his two young daughters aiding an anti-human trafficking organization, Dickey takes the mound for the Blue Jays on opening day as the ace of the pitching staff.

metro

Extreme makeover Blue Jays edition

With the wait for opening day over, **Ethan Rotberg** looks at four incoming Blue Jays who should make the biggest difference on the field starting Tuesday night against Cleveland.

MELKY CABRERA

How he got here
The Blue Jays signed the free agent to a two-year, $16-million US contract.

2012 at a glance
Cabrera was the 2012 all-star game MVP and was leading the league in hits when on August 15 he was suspended for 50 games after testing positive for testosterone. Though his suspension was over in time for the playoffs, the Giants decided not to include him on their post-season roster.

For 2013
Had he not been popped for his indiscretion, Cabrera might have signed a long-term contract for close to nine figures. Anthopoulos has said he is willing to give a player a second chance, but "maybe not a third or a fourth." If he can even repeat his 2011 performance — in which he hit over .300 — with above average defence in left field, the Jays will reap the tremendous value of Cabrera's contract.

metro

JOSH JOHNSON

How he got here
Traded to Toronto along with Jose Reyes, Mark Buehrle, John Buck and Emilio Bonifacio from the Miami Marlins.

2012 at a glance
After missing most of 2011 with a shoulder injury, staying healthy might have been the most positive part of Johnson's 2012. He started 31 games and had a 3.81 ERA — which would look even better if you drop his disastrous April.

For 2013
If he's healthy, Johnson has the tools to be a super-star pitcher. But slotted in as the Jays number four pitcher, he doesn't need to carry the team. He throws a fastball and slider with good command and misses a lot of bats. The pitcher is one year away from free agency, so while that may be a motivator for Johnson, a bounce-back year could price him right out of the Blue Jays' plans as he looks for a long-term contract.

metro

Gibbons in spot to succeed

Another chance. In second go-around in Toronto, Blue Jays manager has roster catered to his strengths

ETHAN ROTBERG
ethan.rotberg@metronews.ca

John Gibbons gets another chance — and a vastly improved lineup — in his second stint as the Blue Jays' manager.
AL MESSERSCHMIDT/ GETTY IMAGES

In June 2008 the Blue Jays were struggling. The team was in last place in the division and had dropped six series in a row.

Add to the mix general manager J.P. Ricciardi's comments on a Toronto radio station. Answering a question about why the team didn't look at slugger Adam Dunn as a trade target, Ricciardi called into question the player's attitude, asking rhetorically "did you know the guy doesn't really like baseball that much?" The controversy that followed came at an inconvenient time.

Changes were needed.

Being a big league manager is an interim gig, and at the time, John Gibbons knew it. It wasn't a surprise to him when he was fired on June 20.

Years later, current Jays general manager Alex Anthopoulos wonders aloud if the decision to bring back Gibbons is a risky one.

"The things I've regretted most have been the decisions where I didn't follow my instincts," he told the media this past November when re-introducing Gibbons as manager. "Where I've made decision based on what the opposition might be, what the perception might be."

Anthopoulos knew what the public's reaction could be. Gibbons has been here before and was fired. How could he be the proven winner fans desired?

The Blue Jays executive team considered the perception, but Anthopoulos' instincts told him Gibbons was the right fit. Knowing the GM overcame those doubts in order to create the best team possible gives the appointing of Gibbons credibility.

Trying to evaluate a manager is a precarious assignment. Joe Torre had been fired three times and held a managerial record of 894-1,003 before he was hired to guide a Yankees dynasty to four world series wins in five years. The only way to judge John Gibbons as a manager is through the very few things we see the manager do. Unlike football, there are few Xs and Os for a baseball manager to draw up.

Now that the rosters are set, is Gibbons really the right person for the job?

In the clubhouse

Fans might remember the fiery Texan for his physical altercations with players Ted Lilly and Shea Hillenbrand in 2006. When players need to be confronted, he won't hesitate. Anthopoulos even described it as a strong point. But beyond this Gibbons is a laid-back manager. He relies heavily on his coaching staff and veteran players. Players generally like and respect him.

What to expect in 2013

There's no shortage of veteran players on the 2013 Blue Jays. Mark Derosa, Henry Blanco, R.A. Dickey, Darren Oliver, Jose Bautista, Mark Buehrle, players with post-season experience, players who lead by example and players who will give a pep-talk.

The tactics

Gibbons has been praised for adapting tactical strategies organically to his team's needs. Last time he managed the team there was generally less gambling on the basepaths. He utilized a platoon between Frank Catalanotto and Reed Johnson to perfection in left field. He let his good players hit without giving away outs bunting. And he wasn't afraid of moving guys around in the batting order.

What to expect in 2013

Gibbons will once again employ the platoon with Adam Lind likely seeing limited action against left-handed pitching to start the year. With so many stolen base threats, players like Jose Reyes and Emilio Bonifacio will have the green-light, while still picking the right spots.

The pitching staff

In his last stint as manager, Gibbons was unfairly blamed for a rash of injuries that befell the pitching staff. Sound familiar? The former catcher does seem to have the ability to sense when a pitcher is tiring. Anthopoulos also called Gibbons one of the better handlers of a bullpen in the game.

What to expect in 2013

Gibbons isn't going to re-invent the closer's role, but you might see the best reliever — likely Casey Janssen — pitch outside of the ninth inning on occasion.

Follow Ethan Rotberg on Twitter @EthanDR

A look back at a decade of Blue Jays managers

The last Blue Jays manager to keep his job for at least four full seasons was Cito Gaston, who held his position from 1989 to 1997.

Since then the team has seen eight managers warm the end of the bench — if you include Gaston's second tenure.

Toronto's frequent search for a manager highlights the difficulty in finding the right person for the job. They have to be able to mesh with both ownership and the players. They need to communicate with the media, but not turn it into a circus.

John Gibbons might not be the next Connie Mack — who spent 50 years managing the Athletics — but he will look to bring a bit more consistency to the franchise.

Here's a look at the most recent managers of the Blue Jays. ETHAN ROTBERG/METRO

Buck Martinez

Years as manager: 2001-2002
Record: 100-115

After 14 seasons working as the team's colour commentator, Buck Martinez was hired as the Blue Jays' manager for the 2001 season. Even though Martinez had no previous coaching experience at any level, his energy and knowledge of the Blue Jays was thought to be the right fit for a young team. He lasted a season and a half, but returned to the team in the broadcast booth in 2010.

Carlos Tosca

Years as manager: 2002-2004
Record: 191-191

Early in 2002, new GM J.P. Ricciardi replaced Martinez with third-base coach Carlos Tosca. In contrast to his predecessor, Tosca was an experienced minor-league coach, with a career dating back to 1978 with the Yankees organization. He was eventually replaced with Ricciardi's former minor league roommate John Gibbons.

Cito Gaston

Years as manager: 2008-2010
Record: 126-124

With the Jays slumping, Ricciardi replaced Gibbons with former manager Cito Gaston in June 2008. The hire was celebrated by fans who remembered Gaston for the World Series years. But these weren't the early '90s Jays and his managing style seemed to hinder the development of some younger players. After 2010, Gaston retired and accepted a "consulting" job. *wink*

John Farrell

Years as manager: 2011-2012
Record: 154-170

After the 2010 season, the team conductive an exhaustive managerial search ending with Red Sox pitching coach John Farrell. Farrell was criticized for being overly aggressive on the basepaths and a micromanager, but was also praised for his intelligence and ability to adapt. When the Red Sox came calling, he couldn't turn down his dream job.

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Jacked-up Blue Jays ready for game day

MLB. Toronto manager says Canada's new and improved squad is 'excited to get this going'

Jose Bautista, right, stands with Edwin Encarnacion, centre, and Emilio Bonifacio as the Toronto Blue Jays practice in Toronto on Monday in preparation for their opening day of the new season. CHRIS YOUNG/THE CANADIAN PRESS

Colby Rasmus' T-shirt showed a Blue Jay between a set of weights, with the words "Nothing is given, everything is earned" on the back.

It's a motto worth remembering this season, even in the luxurious man cave that serves as the Jays' clubhouse in the bowels of Rogers Centre.

Stocked with talent from Alabama to British Columbia and the Dominican Republic to Venezuela, this Toronto team is already seen as one of the best that money can buy.

The first question manager John Gibbons got Monday was a somewhat glib query from a local TV anchor asking if the news-conference format would be the same in the post-season.

Gibbons laughed, a little awkwardly, before answering, "Let's hope so."

Expectations are sky-high ahead of Tuesday's sold-out opener against the visiting Cleveland Indians.

"Really, you can't go anywhere without hearing something about the Blue Jays," acknowledged Gibbons, who starts his second stint at the club's helm. "That's why we're excited to get this going. Opening days are always exciting, but it can be a hassle, too, because you're drawn every which way.

"So we'd like to get that behind us, hopefully get a win out of the way and then move on from there and then play some regular baseball. But we're excited. We're ready, we've got a good team, we'll see what happens."

The high hopes come with a high cost.

Toronto's payroll is north of $125 million US, which ranks only eighth in the crazy-money world of major-league baseball. The Los Angeles Dodgers and the New York Yankees are both over $220 million.

The injury-plagued club that went 73-89 to finish fourth last season in the AL East has been bolstered by the additions of pitchers R.A. Dickey, Josh Johnson and Mark Buehrle.

The infield has been reinforced by all-star shortstop Jose Reyes, Emilio Bonifacio and Maicer Izturis, while Melky Cabrera takes over left field.

Like a Formula One race car in the starting grid, the Jays are polished and purring, waiting for the green light.

THE CANADIAN PRESS

Good to go

- Slugger and team leader Jose Bautista has recovered from the wrist surgery that cut his 2012 season short.
- GM Alex Anthopoulos has brought in veterans Mark DeRosa and Henry Blanco to mentor the likes of Brett Lawrie (who starts the season on the DL) and catcher J.P. Arencibia.

A look around the AL East

New York Yankees

Injuries and austerity leave the Yankees heading into the season in a more precarious position than they've had in years. Budget-conscious with the $189-million luxury-tax threshold for 2014 in mind, their biggest moves in the off-season were to sign Kevin Youkilis to take over at third for A-Rod until he's ready — if at all.

Baltimore Orioles

The Orioles hope to duplicate the success of their 2012 season with a roster that is quite similar to the one that produced a turnaround from 93 losses to 93 wins and a berth in the playoffs as a wild-card team. The club did a marvellous job of juggling the roster last season, and they'll need similar success this year to survive.

Tampa Bay Rays

The budget-conscious Rays made a huge commitment by signing Evan Longoria to a $136.6-million 10-year deal that added six seasons and $100 million to his contract this winter. However, one of the best pitching staffs in baseball is what gives Tampa Bay a chance, even when the offence is sputtering.

Boston Red Sox

Expectations have been dampened after last season's 69-93 record and last-place finish in the AL East. The Red Sox concentrated on signing short-term contracts with mid-level players after trading pitcher Josh Beckett, first baseman Adrian Gonzalez and left-fielder Carl Crawford to the Los Angeles Dodgers last August. THE ASSOCIATED PRESS

Dickey ready to deliver under the Dome

Raise the roof. Jays opening day ace looks forward to controlled climate at Rogers Centre

While some baseball traditionalists decry the roof and artificial turf at Rogers Centre, R.A. Dickey sees a controlled environment and smiles.

Life under the dome has been good for the knuckleballer.

"The climate's not an issue. You don't have to worry about wind gusts. You don't have to worry about rain and moisture," said the 38-year-old right-hander, who opens for the Toronto Blue Jays against Justin Masterson and the Cleveland Indians on Tuesday.

"It's usually a constant temperature. The grass usually is the same — especially here," he added with a grin.

That's the simple answer. Like most things, Dickey has thought through the issue.

"In domes, a lot of times it depends on how much humidity gets inside," he adds.

If the roof is left open on a hot day and then closed just before game time, the humidity is trapped inside without much circulation, he explained. "It's hard to throw a knuckleball in that environment," he said.

The good news is that rarely happens in domes. And it is unlikely to happen here, where the Blue Jays have their finger on the roof remote, so to speak.

"I usually have fairly good numbers inside domes — traditionally," Dickey said. "Here in particular, going off (Sunday's) knuckleball on the game mound and the conditions that were here (Sunday), I'm encouraged. That's all I'm saying. I'm not making any predictions but it felt good coming out of my hand and that's a good sign."

THE CANADIAN PRESS

By the numbers

1

R.A. Dickey threw a complete game, one-hitter in his only appearance under a fully enclosed dome last season on June 13 at Tropicana Field in Tampa Bay.

Blue Jays catcher J.P. Arencibia talks with R.A. Dickey after playing catch at team workout on Monday at Rogers Centre. DAVID COOPER/TORSTAR NEWS SERVICE

Quoted

"A perfect guy to pitch (Tuesday) night. He's very focused. I don't think you can distract him. I look forward to him having a big, big year for us."

Blue Jays manager John Gibbons on opening day starter R.A. Dickey

3 ways the Jays blow it

Dickey's best behind him?

R.A. Dickey had a phenomenal 2012, with career bests in wins, ERA, innings pitched, strikeouts and WHIP. But he's 38 and a knuckleballer, both of which bring unpredictability into the equation.

Bautista's wrist

The heart of the Jays' power, Jose Bautista, was sidelined last year after damaging a tendon sheath in his left wrist, an injury which required surgery. Some orthopedic surgeons are skeptical Bautista's recovery will last.

Lawrie's rib

Brett Lawrie starts the season on the DL with an oblique injury — similar to one that also sidelined him last season — and has already told media at spring training he has no intention of dialing down his intensity. Wonder what the Jays' trainers think of that. THE CANADIAN PRESS

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MLB

Harper, Strasburg get Nationals off to winning start

All it took was two at-bats on his first opening day in the majors for Bryce Harper to hit two homers — and hear some "M-V-P!" chants.

The Washington Nationals' other recent No. 1 overall draft pick, Stephen Strasburg, did his part, too, getting 19 consecutive outs at one stretch of his seven scoreless innings.

Yes, for the NL East champion Nationals — and their fans who lived through some tough times not that long ago — the present and future could hardly have looked brighter in a 2-0 victory over the Miami Marlins on Monday.

"You couldn't draw it up any better," Nationals first baseman Adam LaRoche said. "And to have the two youngsters go out, do what they did? ... Let Harper and Stras go to work. They didn't need us."

THE ASSOCIATED PRESS

Nationals left fielder Bryce Harper rounds the bases on his fourth-inning home run on Monday in Washington. ROB CARR/GETTY IMAGES

MLB. Farrell gets win No. 1 in Red Sox-Yankees rivalry

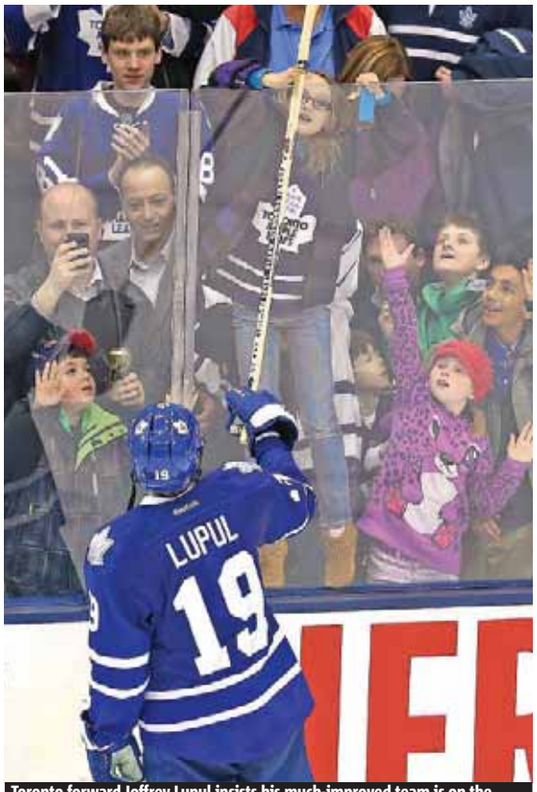
Boston's Jackie Bradley Jr. takes a swing against the Yankees on Monday at Yankee Stadium. ELSA/GETTY IMAGES

Jackie Bradley Jr. and the Red Sox were daring on the basepaths. Jon Lester and the Boston bullpen were aggressive against a barely recognizable New York Yankees' lineup.

The Red Sox looked as if they were in a hurry to put a dreadful 2012 season behind them. They're off to an impressive start, giving new manager John Farrell an 8-2 win on opening day Monday.

"I think how you saw it (Monday) is how we can win a lot of ballgames," new designated hitter Jonny Gomes said. "It was kind of all there early."

Shane Victorino led a revamped Red Sox lineup with three RBIs and Bradley walked three times and scored twice in his big league debut. Boston's big day against CC Sabathia (0-1) came a year after it lost its first three games under Bobby Valentine and went on to a 69-93 finish. THE ASSOCIATED PRESS



Toronto forward Joffrey Lupul insists his much-improved team is on the verge of taking "that next step and getting into that upper echelon of teams" this season by making the playoffs. STEVE RUSSELL|TORSTAR NEWS SERVICE

Why the Leafs are not ready to sell the farm

NHL trade deadline. A big deal could make for a bountiful playoff harvest or upset Toronto's apple cart

Joffrey Lupul believes the Maple Leafs are just a step away from being considered one of the upper-echelon teams in the NHL.

Randy Carlyle — invoking the notion that perhaps the "hockey gods" were getting even with the Pittsburgh Penguins — believes in depth as a means to manage injuries.

Now, this week, all eyes are on general manager Dave Nonis to make the right tweak or two to give the team a lift in the direction Lupul sees while also appeasing Carlyle's hockey gods.

"There's always an urge to try to do something," Nonis said. "That's natural, to want to add, or to change. But you better take a long walk around the block before you make a big move, if it's going to suck some of the future out of your team."

Nonis held court on Monday, lowering expectations that Roberto Luongo or Miikka Kiprusoff would be Leafs by the time Wednesday's 3 p.m. trade deadline rolls around.

It's clear he'd like to add a player or two — particularly a goalie with some playoff experience — without sacrificing the future in a market in which too many teams are buyers and not enough are sellers. Without naming names, Nonis said he wasn't inclined to move players with expiring contracts.

Tyler Bozak and Clarke MacArthur, for example, are pending unrestricted free agents but more important to the Leafs in the playoffs than what they'd bring to the team in a trade.

"To move players out for draft picks, that doesn't make a whole lot of sense for us," Nonis said.

The most pressing need appears to be in net. That is not to say that James Reimer won't or can't carry the load in the playoffs. It is to say the Leafs are thin there and afraid of injury.

None of their goalies have NHL playoff experience. Nonis may have set his sights lower, to goalies such as Joey MacDonald or Scott Clemmensen.

An injury to a key player would be deadly for a young team like the Leafs, who are just learning to be considered a playoff contender.

The Leafs have only nine players with NHL playoff experience, with some limited to one round or even one game. Nonis would love to add a veteran or two. TORSTAR NEWS SERVICE

Reacting to the rumours

"We're not trying to sell off players for future assets. We're going to likely add a piece or two or stand pat."

Toronto Maple Leafs general manager Dave Nonis, addressing recent trade rumours

By the numbers

3

Joffrey Lupul — with the winning goal in three Toronto wins last week — was named first star of the week by the NHL. Lupul finished the week with five goals and four assists as the Leafs close in on their first playoff berth since 2004.

NBA

Calderon helps sink Raptors in return to Toronto

Jose Calderon had 19 points and nine assists in a triumphant return to Toronto as the Detroit Pistons rallied to a 108-98 win Monday that eliminated the Raptors from playoff contention.

Rudy Gay poured in 34 points and Jonas Valanciunas had 17 points and six boards for the Raptors (27-47), who have dropped seven of eight.

It was Calderon's first game back since being traded in late January. The longtime Raptor was given a brief standing ovation after he was introduced before the game. He smiled and waved to the 17,115 in attendance at Air Canada Centre. THE CANADIAN PRESS

Jose Calderon salutes the crowd on Monday at the Air Canada Centre. TORSTAR NEWS SERVICE

Basketball. Canada's rising star ready to dazzle All-American prospects

Canada's young basketball star Andrew Wiggins will be front and centre, as this year's top-ranked high-schooler in the U.S., for Wednesday's 36th McDonald's All-American prospects game.

Wiggins' East team practised for an energetic two hours at a Chicago high-school gym before a couple of dozen cameras and a row of some 50 clipboard-toting scouts, most of them from the NBA.

"Yeah, the second practice was good, interacting more with the players, I'm getting to know their game, they're getting to know my game," Wiggins said afterward.

His game wasn't flashy; he was more quiet confidence.

The Toronto native travelled the layup line tossing down a couple of two-handed dunks that looked effortless, leaping so high his chin was level with the rim. He stepped out to drain smooth threes and then sprinted up and down the floor with ease.

"He's excellent off the basketball, and I really like the way, when he gets the ball, he keeps his head up and he looks and sees the whole court. He's not just looking to score, he's trying to make everybody better on his team," East coach Freddy Johnson said. "I think as we get more opportunity to watch him, I think everything you hear about him is true."

Toronto's Andrew Wiggins LUCAS OLENIUK|TORSTAR NEWS SERVICE

Former Toronto Raptors Antonio Davis and Dee Brown were among the spectators at the practice.

"I wasn't that good in high school," confessed Davis, an NBA all-star.

"Me, neither," Brown added, laughing. "I was a late bloomer. Me and you were late bloomers." THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	15	.795	—
x-New York	46	26	.639	11½
x-Indiana	47	27	.635	11½
x-Brooklyn	42	31	.575	16
x-Atlanta	42	33	.560	17
x-Chicago	40	32	.556	17½
Boston	38	36	.514	20½
Milwaukee	36	37	.493	22
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	47	.365	31½
Detroit	25	50	.333	34
Cleveland	22	51	.301	36
Orlando	19	56	.253	40
Charlotte	17	57	.230	41½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	19	.743	—
x-Oklahoma City	54	20	.730	1
x-Denver	50	24	.676	5
x-L.A. Clippers	49	25	.662	6
x-Memphis	50	24	.676	5
Golden State	42	32	.568	13
Houston	41	33	.554	14
Utah	38	36	.514	17
L.A. Lakers	38	36	.514	17
Dallas	36	37	.493	18½
Portland	33	40	.452	21½
Minnesota	27	46	.370	27½
Sacramento	27	47	.365	28
New Orleans	26	48	.351	29
Phoenix	23	51	.311	32

x — clinched playoff berth; z — clinched conference.

Monday's results
Detroit 108 Toronto 98
Atlanta 102 Cleveland 94
Houston 111 Orlando 103
Memphis 92 San Antonio 90
Minnesota 110 Boston 100
Milwaukee 131 Charlotte 102
Portland at Utah
Indiana at L.A. Clippers
Sunday's results
New Orleans 112 Cleveland 92
Washington 109 Toronto 92
Chicago 95 Detroit 94
Miami 88 San Antonio 86
New York 108 Boston 89
Tuesday's games — All times Eastern
Chicago at Washington, 7 p.m.
New York at Miami, 8 p.m.
Dallas at L.A. Lakers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	36	15	12	9	89	100	39
NY Rangers	35	17	15	3	82	86	37
NY Islanders	36	17	16	3	103	113	37
Philadelphia	35	15	17	3	95	108	33

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	35	23	7	5	111	84	51
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	37	18	17	2	91	110	38
Carolina	34	16	16	2	93	101	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	34	26	5	3	116	74	55
Detroit	36	18	13	5	94	94	41
Columbus	36	15	14	7	87	97	37
St. Louis	33	17	14	2	94	93	36
Nashville	35	14	14	7	87	96	35

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	34	21	11	2	97	86	44
Vancouver	35	19	10	6	92	90	44
Edmonton	34	14	13	7	87	95	35
Calgary	33	13	16	4	93	114	30
Colorado	35	12	19	4	86	111	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	35	23	7	5	107	90	51
Los Angeles	35	20	12	3	103	88	43
San Jose	34	17	11	6	85	84	40
Dallas	34	16	15	3	94	103	35
Phoenix	35	14	15	6	94	101	34

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
NY Rangers 4 Winnipeg 2
NY Islanders 3 New Jersey 1
Montreal 4 Carolina 1
Detroit 3 Colorado 2
St. Louis at Minnesota
Nashville at Chicago
Anaheim at Dallas
Calgary at Edmonton
Vancouver at San Jose
Sunday's results
Chicago 7 Detroit 1
Columbus 2 Anaheim 1 (OT)
Los Angeles 3 Dallas 2
Philadelphia 5 Washington 4 (OT)
Boston 2 Buffalo 0
Tuesday's games
All times Eastern
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Boston, 7 p.m.
Washington at Carolina, 7 p.m.
Buffalo at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Colorado at Nashville, 8 p.m.
Los Angeles at Phoenix, 10 p.m.

MLB

AMERICAN LEAGUE

Monday's results
Chicago White Sox 1 Kansas City 0
Boston 8 N.Y. Yankees 2
Detroit 4 Minnesota 2
Seattle at Oakland
Sunday's result
Houston 8 Texas 2
Tuesday game
Cleveland (Masterson 0-0) at **Toronto (Dickey 0-0)**, 7:07 p.m., EDT

NATIONAL LEAGUE

Monday's results
Washington 2 Miami 0
L.A. Angels 3 Cincinnati 1 (13 inn.)
Atlanta 7 Philadelphia 5
Chicago Cubs 3 Pittsburgh 1
Milwaukee 5 Colorado 4 (10)
N.Y. Mets 11 San Diego 2
L.A. Dodgers 4 San Francisco 0
St. Louis at Arizona

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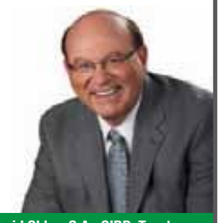

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* Court	* Bad Luck
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Horoscopes

♈ Aries
March 21 - April 20
What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

♉ Taurus
April 21 - May 21
The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

♊ Gemini
May 22 - June 21
The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

♋ Cancer
June 22 - July 23
So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

♌ Leo
July 24 - Aug. 23
Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

♍ Virgo
Aug. 24 - Sept. 23
This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

♎ Libra
Sept. 24 - Oct. 23
Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

♐ Sagittarius
Nov. 23 - Dec. 21
Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

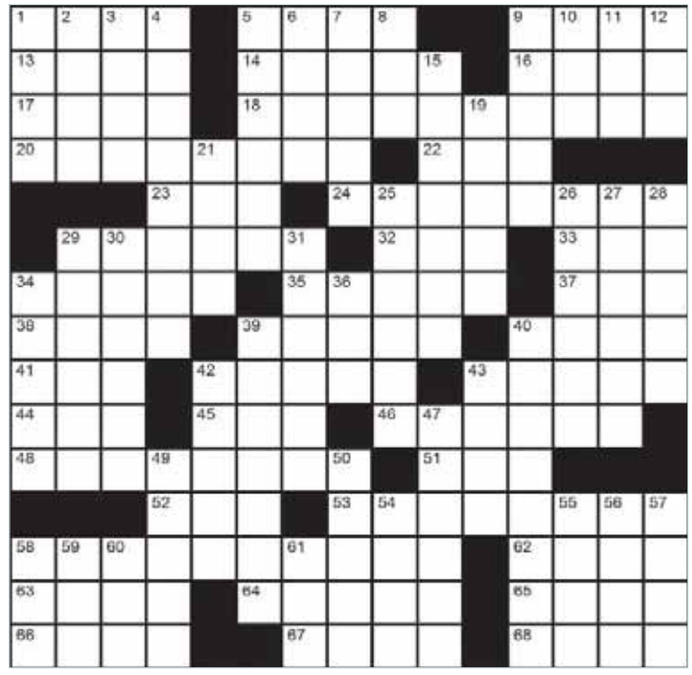
♑ Capricorn
Dec. 22 - Jan. 20
This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

♒ Aquarius
Jan. 21 - Feb. 19
You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

♓ Pisces
Feb. 20 - March 20
You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. **SALLY BROMPTON**

Crossword: Canada Across and Down

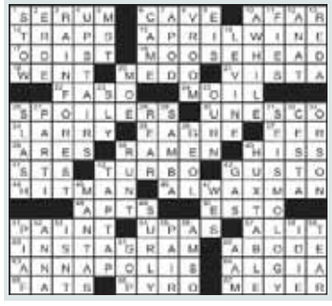
BY KELLY ANN BUCHANAN



Across
1. Sports org.
5. Up for it
9. Schooling reason, for short
13. Lofty title
14. Mr. Jannings, and others
16. Filing cabinet abbr.
17. Sir Guinness
18. NDP leader: 2 wds.
20. Stanley __, role in "A Streetcar Named Desire" (1951)
22. "__ Another Day" (2002)
23. Margarine holder
24. Jim Carrey/Matthew Broderick movie, "The __ __" (1996)
29. Self-sacrificer
32. Void, in Paris
33. Single
34. November's birthstone
35. 'Singing Cowboy' Gene
37. Time period
38. Rio's locale, for short
39. Suspicious
40. River of Russia
41. Q. "Is __ '_' that Canada begins with?" A. "Yes."
42. Uniform symbol
43. Way to buy movies, __ _ _ _
44. Encouraging exclamation!
45. Slangy one-eighty turn
46. Snake-haired Gorgon
48. Clothes-storing furniture pieces
51. Points out a suspect, for short
52. Languish
53. Tabasco, for one: 2 wds.
58. Canadian band, Bedouin __
62. After shave brand
63. Plinth
64. "__ Was a Lady"
65. Cheerful music
66. "__ better believe it!"
67. "Back in the _._._._." by The Beatles
68. Prefix meaning 'Outer'

Down
1. Escape
2. __ Alto, California
3. Mushroomed
4. Infamous prison
5. What Ringo does with 'a little help' from his friends: 2 wds.
6. "Star Trek" episode, __ Time
7. Imitate
8. Street for Freddy
9. Host an event
10. Prefix to 'gram' (Drawing)
11. __/_ (Them/You opposite)
12. "Proud Mary" gr.
15. Home of the Big Nickel in Ontario
19. Canadian actress, Evangeline __
21. Kellan of 'Twilight' movies
25. Pre-sporting event song
26. Defends
27. __ Bay, Nunavut
28. Give way
29. Bricks and __
30. Helicopter Prince Harry flies
31. Viking, for one
34. "Grease" (1978) gang member, _-__
36. 18th U.S. President ...his monogram
39. Tin-glazed earthenware
40. Broken/needs to be replaced
42. Worked in a restaurant
43. Betting likelihoods
47. "Take your pick."
49. Church council
50. Fish that are like herrings
54. Suffix with 'Psych'
55. Type of acid
56. "She Sells Sanctuary" by The __
57. 'Palm' suffix
58. Tofu base
59. Gold, in Spain
60. Arctic knife
61. Fiji's __ Islands

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		5		9	
8			7		4			2
	7			9			1	
		5				8		
7	4						2	1
		1				9		
	8			3			7	
5			6		2			9
	9		4		8		6	

Yesterday's Sudoku

3	9	7	6	5	2	1	8	4
6	4	2	3	8	1	5	7	9
5	8	1	9	7	4	3	6	2
7	3	4	2	1	6	9	5	8
9	6	5	4	3	8	7	2	1
1	2	8	5	9	7	4	3	6
4	1	6	7	2	3	8	9	5
8	5	3	1	6	9	2	4	7
2	7	9	8	4	5	6	1	3

Today
0°/-5°
Flurries
40%

Wednesday
2°/-4°
Partly cloudy

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— ON ANY 2013 KIA —

AVAILABLE ALL-WHEEL DRIVE

7 PASSENGER SEATING AVAILABLE

Sorento SX shown△

2013 SORENTO

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.8L/100KM

UP TO **0% + $3,000 +** PAY UNTIL FALL* ON SORENTO ONLY

IN LOAN SAVINGS◊

COMPARE MORE HERE

- MORE MAXIMUM CARGO SPACE THAN HONDA CR-V[1]
- 2 MORE YEARS OF WARRANTY THAN FORD ESCAPE[2]
- MORE HORSEPOWER THAN TOYOTA RAV4[3]

OR VISIT WWW.KIA.CA/COMPARESORENTO

$221* bi-weekly at **0% APR** for 60 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$3,000 IN LOAN SAVINGS**◊. Offer based on 2013 Sorento 3.5L LX with a purchase price of $31,678.

Rio4 SX with Navigation shown△

2013 RIO 4-DOOR

INCL. AIR, KEYLESS ENTRY & HEATED SEATS

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

OWN IT FROM **$95**≠ BI-WEEKLY | WITH **$0** DOWN | AT **1.49%** APR

INCLUDES 6 BI-WEEKLY PAYMENTS ON US* ON RIO ONLY

COMPARE MORE HERE

- INCLUDES AC, POWER WINDOWS AND DOORS, KEYLESS ENTRY, HEATED AND POWER SEATS AND MIRRORS, 60/40 SPLIT-FOLDING REAR SEAT, FOG LIGHTS, CRUISE CONTROL, VOICE ACTIVATION, WIRELESS STREAMING, BIGGER TIRES AND MORE FEATURES THAN THE HYUNDAI ACCENT L.

OR VISIT WWW.KIA.CA/COMPARERIO

bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT.** Offer includes delivery, destination, fees and **$900 "6 BI-WEEKLY PAYMENTS ON US" SAVINGS***. Offer based on 2013 Rio 4-door LX + MT with a purchase price of $17,383.

Soul 4u Luxury shown△

2013 SOUL

INCL. AIR, KEYLESS ENTRY & SATELLITE RADIO

HWY (M/T): 6.7L/100KM
CITY (M/T): 8.5L/100KM

OWN IT FROM **$124**≠ BI-WEEKLY | WITH **$0** DOWN | AT **1.49%** APR **OR**

RECEIVE UP TO **$1,500** IN CASH SAVINGS* (ON SELECT MODELS)

COMPARE MORE HERE

- 2 MORE YEARS OF WARRANTY THAN TOYOTA MATRIX[4]
- MORE HORSEPOWER THAN SCION XB[5]
- MORE PASSENGER VOLUME THAN NISSAN CUBE[6]

OR VISIT WWW.KIA.CA/COMPARESOUL

bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, and fees. Offer based on 2013 Soul 2.0L 2u MT with a purchase price of $21,378.

5 Year Warranty*

WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty.

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Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies.
Prices do not include licensing or applicable taxes.

KIA

The Power to Surprise

Offer(s) available on select new 2013 models through participating dealers to qualified retail customers who take delivery by April 30, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,650, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes, variable dealer administration fees (up to $399) and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% purchase financing is available on select new 2013 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX + AT (SR75BD) with a selling price of $29,078, financed at 0% APR for 60 months. 130 bi-weekly payments equal $224 per payment with a down payment/equivalent trade of $0. **"Don't Pay For 90 Days" offer (90-day payment deferral) applies to purchase financing on select new 2012/2013 models. No interest will accrue during the first 60 days of the finance contract. After 90 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. ∞"Don't Pay Until Fall" offer is available O.A.C. to eligible retail customers who finance or lease a new 2013 Sorento from a participating dealer between April 2-30, 2013. No interest will accrue during the first 150 days of the finance contract. After 180 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. Offer cannot be combined with "Don't Pay For 90 Days" offer. ≠"6 Bi-Weekly Payments On Us" offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Rio from a participating dealer between April 2-30, 2013. Customers will receive a cheque in the amount of six payments (excluding taxes) to a maximum of $300 per month or can choose up to $900 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends April 30, 2013. Cannot be combined with "Don't Pay For 90 Days" offer. ◊"$3,000 loan savings" offer is available on approved credit to eligible retail customers who finance a new 2013 Sorento 3.5L LX (SR75ED) trim only from a participating dealer between April 2-30, 2013. $3,000 loan savings will be applied as a reduction from the selling price before taxes. See your dealer for complete details. Offer ends April 30, 2013. *Bi-weekly finance payment O.A.C. for new 2013 Sorento LX (SR75ED)/2013 Rio4 LX + MT (RO542D)/2013 Soul 2.0L 2u MT (SO553D) based on a selling price of $31,678/$17,383/$21,378 is $221/$95/$124 with an APR of 0%/1.49%/1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $0/$4,886/$6,337 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. *"Up to $1,500 cash savings" offer is available on the cash purchase of select new 2013 Soul models from a participating dealer between April 2–30, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. [1]Sorento LX 2,052L vs. CR-V LX 2,007L, with second-row seats folded. [2]60 months/100,000km vs. 36 months/60,000km. [3]Sorento LX 191hp vs. RAV4 LE 176hp. [4]60 months/100,000km vs. 36 months/60,000km. [5]Soul 2.0U 164hp vs. Scion xB 158hp. [6]Soul 1.6L 2,897L vs. Cube S 2,766L. △Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD 7-seater (SR75XD)/2013 Rio4 SX with Navigation AT (RO749D)/2013 Soul 2.0L 4u Luxury AT (SO759D) is $43,045/$23,450/$27,345 and includes delivery and destination fees of $1,650/$1,455/$1,650, environmental fee and A/C charge ($100, where applicable). Licence, insurance, applicable taxes, variable dealer administration fees (up to $399), tire recycling and filter charges of $34, OMVIC fee and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ^Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Rio 1.6L GDI 4-cyl (M/T)/2013 Soul 2.0L MPI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.